



Save Your Life^{*}
collection

U s e r M a n u a l

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Chapter One

Introduction

Introduction

Prepare to be healed — because I believe that's what can happen.

I've never seen anything like this.

I've never seen specific information on curing terminal diseases.

I've heard theory. I've heard about prevention. But I've never known how to get natural cures for these conditions. But now I do, and you will too. The answers are here.

The answers in this SAVE YOUR LIFE Herbal Video Collection and User Manual come from medical herbalist Dr. Richard Schulze.

What Dr. Schulze knows comes from what he learned in his clinic. He learned it on real people. He learned it by curing the sick -not by talking about them, or by reading about them. He wasn't a scholar, and he wasn't trying to be. He is a healer. What's wrong with that?

If you are looking for medical references, you've come to the wrong building. But if you want to know how to cure what is incurable, you will find it nowhere else but here.

This User Manual supplements the videotapes. There is *plenty* of information on the videotapes that is *not* in the Manual, and there is plenty in the Manual that is not on the videotapes. Neither one stands alone. The two are designed to work together to give you an education that, until now, no layman has ever received.

Read the entire manual and see all the tapes. Do not focus in only on your specific condition. That's because information that applies to all illnesses is tucked away inside different chapters and in different case histories on *other* conditions. If you go into this looking for one herb or one single cure, you are still a victim of medical thinking.

This *SAVE YOUR LIFE Collection* presents programs, and they are to be used as full programs. Do not pick and choose and decide which parts will cure you. The pieces of this total incurables program were assembled because Dr. Schulze found that ALL the "parts" were necessary together to cure the incurable.

Why the information in this Collection is unknown.

No one is curing the incurable patients — because they don't know how. That's why you won't find the information in the Collection elsewhere.

Everyone is afraid to get into it. They are scared of government and afraid of the medical review boards. But that's not all: today's healers are uncomfortable with terminal cases. The possibility of the death of their patients frightens them. They would rather take patients who are pretty much healthy and tune them up.

In addition, we now have a generation of natural healers who don't think you can cure the incurables.

These herbal "experts" talk big about holistic healing — but it's just *talk*. Deep inside, they themselves DON'T REALLY BELIEVE that herbalism and natural healing can cure the incurable. Even if they did believe it, they have no idea how to do it.

Today's natural healers use the phrase "complementary" medicine. They see natural healing working to supplement today's medical techniques.

Let me be as blunt as I can be: The techniques in this *SAVE YOUR LIFE Collection* are not a supplement to modern medicine. *They are a replacement.* In many cases, it is much harder to heal patients naturally because of the damage *already* done by medical practices.

A lot of the suffering of patients is caused *not by* their diseases, but by the stupid and barbaric treatments of the stainless-steel world of medicine. You decide which way you are going to go: medical or natural. Riding the

middle ground may leave you without the dedication to pursue either approach wholeheartedly, as you need to.

This Collection is an answer to my dreams for you.

Ever since I entered natural healing over 20 years ago I have been looking for cures for incurable and terminal conditions. Regular diseases just bore me. Others can handle them. I only want to find information to cure the people who will die, or suffer for a lifetime, without my help,

I knew a man in New Jersey who had a beautiful wife he loved dearly. But she got cancer and he didn't know what to do. By the time he learned the methods that could have cured her, she was gone,

I don't want you to *ever* have to be in this position. When someone's time is running out, I don't want you to have to waste time on natural methods that can't save you — or with natural practitioners that don't have any experience or track record in curing the incurable.

I don't want you to have to live with regrets. For me, finding Dr. Richard Schulze, was an answer to my prayers, and I believe it will be an answer to yours, too. You *can* cure what others believe to be hopeless and incurable diseases, but you CAN'T do it with the weak products and inadequate methods of today's natural healers. You're going to need the knowledge you will find in this Collection — and nowhere else I know of.

We taped the first five of these videos in September of 1994, outside my home on top of Afton Mountain in the Blue Ridge the other seven tapes were filmed in February of 1995, and in October of 1995.

While the first tapes were being edited, Richard Schulze had to leave for France and England, where he was teaching. During the two months he was away, I made 31 phone calls to him, many well over an hour long each. In

these calls, I asked him more and more questions on the details of curing different hopeless diseases. All the information I learned off-camera is included in this User Manual.

I have found that the right question is like a key that opens a safe. Just because a healer has learned something doesn't mean you will ever know it — if you don't ask the right questions. I knew that if it weren't for me, you couldn't get this information, so I asked questions until there were over 700 pages of transcripts of our phone calls.

As you'll learn, Richard Schulze is no longer in practice. This Video Collection and Manual is the *only* chance you have of learning how to produce these cures for yourself.

I knew you were depending on me, so I made sure the details you needed were not missing from this Collection. Now, let me give you the background of medical herbalist Dr. Richard Schulze.

The true story of Dr. Richard Schulze.

I've just discovered an herbalist who specializes in *curing* the so-called incurable cases — the cases everyone else sends home to prepare for their funerals.

This is *precisely* the kind of healer I have been searching for ever since my friend master herbalist Dr. John R. Christopher passed away over ten years ago. Now my search is over. I have found him.

Unknown to me, this man was Dr. Christopher's leading student. He actually went way beyond what he learned from Dr. Christopher — and created formulas and procedures no-one heard of, because he had to. What this healer learned didn't come from old herbal books or weekend seminars. It came from 20 years of real-life experiences in a healing clinic that saved the anguished and ill.

While other herbalists took healthy people and helped them with their indigestion, he took the dying — and cure

And while other healers wrote books, gave speeches, and served on committees, he healed the medical throw-aways. They were his life.

The people who came to his door were so thin they were skin wrapped around bone, holding bandages of kotex and diapers to stop their tumors from leaking pus and blood, from their necks, their breasts, their thighs, anywhere! Those people weren't just ill-they were suppose to have died months ago, according to their doctors.

No one wanted to help these people. No one!

Not doctors, and not natural healers either. These patients had made out their wills, and talked to their families. They were ready to depart from this world.

Often, they came to him, like the lady with pancreatic cancer — not for a cure but merely for *relief* of something like incontinence, so she could die in dignity, without diapers. He cured her kidneys, and her cancer too. In this *SAVE-YOUR-LIFE Collection*, I'll tell you how.

Other healers ran away from these cases in fear — but not him. He prayed for them to come. He told God, "I want to make: regular cancer wards look like a party. I want the dying, the hopeless, the worst cases, because I want to put natural healing to the test."

He was NOT AFRAID Somehow, God's dying ones heard his prayer, and they came, and he SAVED them — thousands of them. Some were rescued from breast cancer or uterine tumors, others from runaway liver cancer, or from brain tumors that filled half their skull, or from oat-cell leukemia.

Still others were cured of Lou Gehrig's disease, and 16 patients totally recovered from full-blown, last-stage AIDS

This healer knew he had a mission to go where no natural healer had ever gone — to heal those who Mankind deems beyond help — and to break through all limits to discover the true, UNUSED healing powers of the sick human body. And he succeeded.

But he paid a price.

He had to live as an underground man — a fugitive in his own country. He couldn't talk about what he was doing, because the authorities could take him away in handcuffs.

He knew *every* patient he talked to could be a government agent — preparing a case to put him away. He knew *every* phone could be tapped, and his every move under possible surveillance. To conceal his true identity and protect his life, he lived in a "safe house"— the location unknown to his family and friends.

He blacked out the windows on his secret clinic in California so that *no one* could see inside. There was no sign on the house, to avoid suspicion by neighbors. He only took referrals, and made patients sign massive legal forms to protect himself from counter-attack by the government and the A.M.A.

But out of a generous heart, he took a careless risk. *He should have known, better* To help others, he gave a public talk on his healing methods at a convention. It was too late THEY heard him.

Within weeks, government agents with battering rams, bullet- proof vests, and machine guns broke down his doors and took him off to jail in the middle of the night. Miraculously, by the hand of God, he escaped on a technicality and didn't have to go to the penitentiary — to serve time with dope dealers and child molesters.

He knew he *couldn't* count on winning on a technicality a *second* time. And he knew he couldn't heal the sick from prison, or see his new wife and their four-month-old baby boy from a concrete cell.

So instead, he quit his secret practice and decided to spend the rest of his life teaching his methods of curing incurable diseases. To protect himself and the identity of his patients, he's shredded his private files. They're gone. I was the last to see them. All that exists is now in his head — and he wants YOU to know it, in case *anything* ever happens to him.

Thank God, for you he's blowing his cover and going public — because what this man knows can save your life, and now you're about to learn it.

What's been lost in our country and in Europe and in most areas of the world is wholistic practitioners dealing with degenerative disease. — Dr. Richard Schulze

Let's listen in to one of my many conversations with Richard Schulze and see why it's so hard to learn these kind of cures.

SCHULZE: Everybody knows that meadow-sweet is good for an upset stomach, or a little pain in the stomach; everybody knows that ginger is good for motion sickness, but *nobody deals with anybody who is terminally ill. That's the bottom line. They don't even know how.* And really, what we're talking about is that it's a lost art.

If it wasn't for doctors like John Christopher and a handful of great natural healers in our country during the 30's, 40's, 50's and 60's, this would be dead in our country.

What I found interesting is when I first started working over in Europe, I thought, "Oh my God, traditional European medicine, that's where Jensen, Christopher, Airola and Stone got their information, that's

where it came from. I thought when I would come over to Europe, I would find that this kind of healing was gigantic.

But you know, it was dead, if not deader than the United States. And certainly, there are a lot more herbalists over here and they're allowed to practice, and they can take insurance. But what's happened is that herbalism has degenerated to savory teas for minor complaints.

The methods that were used to keep people alive a hundred years ago; I mean, when I talk about some of these methods like hydrotherapy to "wash the blood", people have never heard it before. You can find it in the antique stores in the old books, but it's not being taught anywhere. I don't know anybody else getting down and dirty with this the way I do. God, if I did, I'd go listen to him.

Why this information is banned at many herbal colleges,

BISER: *You said you were banned from teaching at lots of herbal colleges here and abroad?*

SCHULZE: ..You know there had been a lot of flack about various things. One of them is being involved with Dr. Christopher, certainly.

BISER: *That causes flack?*

SCHULZE: Oh, certainly. His system is looked at by a lot of the herbalists as being kind of folksy and unbelievable, and that type of tiling. They think it's a lot of fish stories, and although they've never attempted to work with anybody using that holistic or intense type of a program, they still deny it and don't believe it.

BISER: *They haven't seen it, but they deny it?*

SCHULZE: Oh, absolutely. You know, they're non-believers and they haven't made any attempt to learn or use what he did. So it's considered just

more of the "unsophisticated" form of herbology by many in herbalism today.

I was speaking with one of the students at a top herbal college in England recently, and he told me, "Dr. Christopher was a folk hero, but those stories of miracle cures weren't true. They were just for inspiration — that's all, because herbs don't really do that.

Unfortunately, I get the same treatment as Dr. Christopher when I discuss my case histories. That's when they never mention my name to the public. They're embarrassed at what I do.

They don't even want to look me in the face when I tell them these stories. But I don't see THEM treating and curing terminal cancer and the other cases I've mentioned to you.

The public has no idea how the "professional" herbalists actually mock and laugh at the methods your readers are going to learn in this Collection. They have almost a contempt for the serious use of herbs for critical diseases.

If you look at one of the top naturopathic colleges, the Director of Botany at that college designs formulas for many companies and he doesn't put any herbs in them, they are all glandular extracts. It's horrifying.

BISER: *So, if a person goes to the top herbal schools today, they are not going to hear about anything you do.*

SCHULZE: Oh, no. There is no doubt about it, a lot of the herbal schools have gone the scientific route, because again they are trying to get recognized...

BISER: *So you don't get recognized by talking about Dr. Christopher?*

SCHULZE: Absolutely. Not at all. Or by talking about things beyond herbology, talking about food programs, talking about changing their attitude. Most of your strict herbalists say that has nothing to do with

herbology. They are using herbology the same way a doctor would use a drug; they are not even using it in a natural way.

BISER: *In other words, herbalism for them is just a matter of different "drugs", not a different philosophy of healing?*

SCHULZE: Absolutely. At many of these schools, there's ash trays on every desk. Not a lot of dedication to natural living!

BISER; *Has anyone ever said "Richard, we don't want you teaching"?*

SCHULZE: Oh, yes. I taught at one school where the first day during the break, I thought the building was on fire. And it was all of the students smoking in the hallway, so I gave them a strong lecture about that and they didn't want me back.

BISER: *What did they tell you-, don't come back?*

SCHULZE: Yes, they were saying that this was a school of herbology, and what did that have to do with whether a student smokes cigarettes or drinks beer or whatever?

There have been other situations at places I have spoken. I spoke at a herbalist college in Canada and they invited me to teach most of a semester, but after one week of my lectures, they told me to go home. I make people uncomfortable.

BISER: *What was the problem?*

SCHULZE: Again, they think I'm too radical. They think what I talk about is *beyond* herbology.

To many people who are involved in herbs, herbology is just land of a quaint thing you do to feel a little bit better.

They hear the stories of the miracle cures, but they don't understand what is necessary to get them. You and I talked about an author who just wrote a big book. He is a very good herbal author, but he is also 150 pounds

overweight, drinks a quart of wine a day and smokes five packs of cigarettes. There is a big difference between that and natural healing. You don't hear stories from authors like that about people with cancer or AIDS or neuromuscular diseases, etc. getting better.

When these authors and herbalists hear me, they want to bury their heads in the sand. It makes them uncomfortable, because it makes them reflect on what they are doing. The bottom line is, I had to develop programs and use programs for patients who came to me with very serious disorders. These people won't work with anyone like that.

I don't know anybody else who worked with someone with malignant cancer or AIDS. I can't think of anybody but me.

BISER: *Have they ever said that you really have no business treating things like that?*

SCHULZE: Absolutely. I've had them tell me that I am going to hurt the profession.

BISER: *How are you going to hurt the profession, by curing people?*

SCHULZE: I've had them say, "Well, if you do so many things, how do you know what herb it was that cured the person?" I don't care. My focus from the beginning, and until this day, has always been, "Get the patient well. I'm not doing double-blind studies on rats here."

BISER: *They are concerned with getting accepted, not cures.*

SCHULZE: I'm not afraid to say that herbs are only tools of natural healing. They like to see herbs stand alone.

In other words, echinacea boosts your immunity. But I'm sorry, if you are smoking cigarettes, popping down a six-pack of Bud with a pepperoni pizza, echinacea doesn't stand a chance. Let's get real. They don't like to hear that. They think these herbs will stand alone.

Red clover thins your blood, but forgive me, it doesn't stand a chance at thinning your blood if you are powering down a Big Mac cheeseburger every day for lunch. These herbs were designed to be part, like Dr. Christopher said, *part* of the whole program.

One of the things people have always said to me was, "How could you have worked with so many people who were dying? Weren't you scared?" It's not so scary, because you have nothing to lose.

BISER: *When patients walk in, they are just about dead, so you can't mess them up!*

SCHULZE.: They have already been given the death sentence. The only place they can go is up.

You know what we have lost in the last hundred years?

We have lost natural healers with *ba*—. I think that's the best way to describe it. These natural healers of 50, 60, 70 years ago, they knew what they were up against. The natural healers and herbalists today are using herbs that are impotent, they are making products that are weak, and they are using singular programs that are mild and can't cure.

I was talking to an herbalist over in England, and he was telling me about an herb that he has research on, that is good for killing cancer. I asked him about dosages, and he goes, "Well, I assume". You know, we started getting into the 'assumes'.

He goes, "So I assume you would take it internally." And I said "Oh, OK, how much?" And he goes, "Well, I'm guessing the average tincture dose." And I say, "What kind of cancer?" and the more questions I ask, the more he's fumbling, and of course, the reason is, because he's never, ever, used it. And this is what we've got out there. The herb books that are mitten are not worth the paper they're written on. They're not much better than blotting paper.

BISER: *What it comes down to is this: the professional herbalists are afraid of stepping on toes. We're afraid of stepping on dead bodies— of the people who could, have been cured if only someone had told them what to do.*

Before you begin....

In most cases, the cause of your disease is not coming from where you think it is. In other words, you may have a head pain, but the problem may be a clogged bowel. You may have a kidney disease, but the real problem may be in your liver

Therefore, if you go right to the section discussing your problem — and skip learning and doing the rest of the programs, you may likely stay sick. If you just take herbs for your diseased organ, and don't cleanse your body, and don't do the hydrotherapy etc., you may never get the full benefit that Richard Schulze or I intended for you to get. *Beware of thinking medically while using natural healing.*

Nutrition-minded readers think that because they take a few vitamins and eat better food than the person who lives next door, or their co-workers, that they have some kind of plastic, impervious shell ..around their health.

"It isn't true," Dr. Schulze told me. "Everyone has different *resistance* levels. Just because you take better care of yourself than the person who works next to you, doesn't mean you're not going to get sick *before* they do."

As Dr. Schulze told me, "We *all* have physiological imperfections that are handed down to us: it's called *genetics*. There's nobody out there that has perfect genes. It just doesn't happen."

"We all have physiological flaws," said Schulze, "bad genes, and inherited weaknesses, and most people will never know what they are."

So because of those flaws, we all get sick. If anybody out there thinks they're *not* going to get sick, they're really living some fantasy delusion."

"We are *all* going to get a disease," he said, "and if we're lucky, we'll get minor diseases, and survive. But some o

Genetic tendencies determine what kind of diseases you get as you age—no matter how much organic food you eat.

But you can beat anything—if you know what to do.

"The bottom line," said Schulze, "is that, at some point, our body wears out. And when it starts wearing out, genes express themselves and disease starts winning. Now, whether it's clogged arteries in your heart, or your brain getting a stroke, or whether it's your immune system running low, or whatever, there's nobody out there that's going to escape this."

"I'm not deluding myself," Schulze said. "I'm a heart person. My Dad died in my arms from a massive heart attack at the age of 55."

"My Mom collapsed forward (with no warning) into a bowl of soup and died in public two years later, also at the age of 55 --also from a heart attack. So 55 is the death number in my family. The same could happen to me, only maybe a few years later, due to my good nutrition."

Schulze told me, "One of these days you're going to get the call from my wife, saying... "Richard just had a heart attack," (even with my ultra-low cholesterol level), and I better have some people around me ready to put me through the routines in the *SAVE YOUR LIFE Video Collection* we made together. Or I can go to the hospital and die."

The point is: disease happens to *everybody* at some point, and that's what the SAVE-YOUR-LIFE Video Collection is for to give people advanced techniques that they *don't* know — to save their butt longer. Schulze told me: "I've looked at many people who died from diseases. They *could* have survived, and probably had ten, twenty or more years to go, if they had *only* known what to do."

As Schulze said, "When the doctor looks down at his shoes, avoids your eyes, and says "You have CANCER," all of a sudden you're in TERROR."

.Waiting till a crisis to get the *SAVE-YOUR-LIFE Collection* is like ordering a smoke detector as the flames of a 4-alarm fire pour out of your bedroom windows.

"Let me tell you what's it's like," Schulze told me on the phone, "As soon as you hear the doctor's diagnosis, your life goes into a time warp where everything happens in a blur. Your mind freaks, as people force you to make decisions at a hundred and ten miles an hour."

"Within minutes," said Schulze, "you're calling your husband or wife, asking them to pack your suitcase with your night clothes. Or, you're calling the lawyer; you're trying to figure out where you're going to get the money; or you're on the phone with the people about the health insurance."

"You don't have enough time to deal with the *emotions* and the *crisis* and the *legality* and the *finances* of the problem; you ain't ever gonna sit down and watch a videotape. It ain't gonna happen."

"You're never going to go, "Okay, let's study Dr. Schulze and try to understand what he's talking about. "It ain't gonna happen. You can't even handle the stuff that's happening at the time. And then all of a sudden, it dawns on you that you don't have a burial plot, and there's a good chance

that you or your loved one could die, and what are you going to do put them in the morgue refrigerator?"

"Your doctor won't say, 'Take your time, search out the alternatives, and then make a decision based on what you and your family think, and then come back and see me in six months'"

"Doctors don't do that," said Schulze. "Doctors say, 'You don't have six days, you don't have six hours; in fact, my nurse is going to call the hospital now, and you go right over there and admit yourself.'"

"And there's no time to drive by your house and study twelve videos and read a six-hundred page User Manual. Forget it!

"By then, your brain is fried like Chinese noodles. You can't remember anything except your name. How are you going to *absorb* what you need to know from the *SAVE-YOUR-LIFE Videos*. No way!

"The time to prepare yourself and your family," said Dr. Schulze, "is BEFORE anything happens NOT when they put your X-rays up on the screen and tell you, you have the big 'C'."

Killer diseases develop slowly, like icebergs, but when they hit, there's usually no immediate warning. So prepare NOW!

I asked Dr. Schulze, "How does the typical healthfood person respond when they come down with a killer disease?"

Schulze told me, "You may find this hard to believe, but most of my patients with killer diseases had been on health foods for years BEFORE they got sick. And when it happened, they were in absolute shock. They felt like Nature betrayed them."

"They were like, 'Gosh, why did this happen to me? I was doing everything right!'"

"The truth is," said Richard Schulze, "that there were a hundred symptoms they ignored over many years. But after you get the diagnosis, you go, "I didn't see it was part of the disease. I thought I was just tired."

Or you say, "I thought it was just a headache that I got once a week, and I thought it was just that neck, and those little dizzy spells once in a while, well at first they scared me, but then I realized it was just part of growing old," and you know, everybody ignores that — but the bottom line is, when it happens — you don't have time."

"For example," he told me, "a breast tumor has been growing in your body for one to three years BEFORE it can even be *seen* on a mammogram. The time to use my home methods for preventing and *curing* terminal diseases is BEFORE you get tumors."

"I just ran into a lady over the weekend, and she was in tears, and she had like an EIGHT-INCH TUMOR ON HER LOWER ABDOMEN, and she said, 'It came up quick, it must have been growing, but I didn't notice it,' because she was a little bit heavy, as many fifty-five, sixty-year old women in menopause. She goes to the doctor and they want to do *immediate surgery* and an *exploratory abdominal*. She was scared to death."

"The woman said, 'What do I do?' And it's like, 'Gosh, it would have been a lot better if,' this is what I used to find in my clinic. I used to have to dump these people out, because once you have a serious problem, and you don't know the basics of what I do, there may not be enough time for you to figure it out."

When someone you love is deathly ill, you may have months; you may only have days. Isn't it better to be familiar with Dr. Schulze's program for any incurable condition — than to run out of time as you learn what you're doing?

I myself have the herbs I need for disasters stored in my basement utility room. I have already made myself (using instructions given on the videos) different formulas my wife and I may need. I am truly not afraid of cancer and other horrors — because I have studied the same videos I produced for you.

When something goes wrong in a real bad way, I don't have to *learn* what to do — I just have to *do* it. How could I, tell my wife I love her, and then be unprepared to save her? When you love someone, it's not just pillowtalk, it's love in action.

Don't take the people in your life for granted. If you love them, protect them. Or be prepared to turn them over to the doctors, and watch them turn into "lab rats" injected with toxic chemicals that kill as many people as they do cancers.

Educate your family in *advance* with the SAVE-YOUR-LIFE Videos — or else a routine emergency can escalate into fast death in days.

If your family isn't prepared, you can end up a cooked goose.

As Dr. Schulze told me Thursday, "A very good friend of mine in Malibu, when I had my practice out there, his dad had a fever that he couldn't kick for three or four days, and since his dad was about, fifty, he went into the hospital.

"In the hospital, they gave the man some drugs to reduce the fever. He went into shock because he had an allergic reaction to the I.V.; then they shipped him off to intensive care. In intensive care, he had more allergic reactions."

"They couldn't find out what was wrong with him. Within five days, his fingers and toes developed gangrene and they cut all his fingers and toes off, --they were rotting --and in a week, he was dead, And they never knew what happened:

I told Dr. Schulze, "*Can you imagine this guy ordering the SAVE-YOUR-LIFE , videos while he's in intensive care?*"

Schulze replied, "Exactly, while they're sawing his toes and fingers off, he's trying ,to watch our videos. I mean it doesn't happen that way.

Then I said, "Or the man is going to try to convince his family, *Please order this video,* '. And they'll go, 'Right you just rest there. You relax, don't worry about those videos. Just do what the doctor says.' And before you know it, it's all over. It's too late.

As this case shows, it's NOT enough to prepare only yourself. You *also have* to *prepare your family* as a support group. Otherwise, who will help you with the herbal preparations, and preparing the specific juices and foods?

You need to do this in advance --or your family may be against you, and may interfere (or block) the natural programs of Dr. Schulze: that you want to follow. Prepare them now!

Health magazines imply that to cure cancer, you can sit there, meditate and imagine your T-cells lolling the cancer, as you listen to new-age music and eat tofu. They're *insane!*

"What a bunch of stale tofu," says Dr. Richard Schulze. As he told me, "Everybody in the health movement says, 'Cancer is *not* a big deal.'"

"I'll tell you something — it's a really big, *big*, BIG, monster deal. It's a killer disease and it'll eat you alive, and it makes flesh-eating bacteria seem like a party. It's intense; it's painful; and it's a nightmare from hell."

"The magazines imply that all you have to do is take some chromium picolinate and your cancer dissolves away.

"*I never* saw that in the clinic," said Schulze. "I saw a fight to the finish either a natural death or a remission. I had to hit people with 37 different things at once, just as I described in the *SAVE-YOUR-LIFE Collection*, and nothing short of that worked."

When you're in deep trouble, forget your local alternative health practitioner. These people just TALK about curing cancer—but Dr. Schulze has done it, thousands of times.

Dear friend, if you were on an jet airplane, and one engine went out, and the controls were malfunctioning, and there were violent winds and lightening around the plane, who do you want as a pilot?

Someone who has only flown a "Cessna Cub" two-seater in sunny weather within 3 miles of the local airfield. Or would you rather have an ex-Air Force pilot who flew in Vietnam and who landed planes with one or both engines shot out, and who has brought his crew home under conditions no airplane was ever supposed to fly in?

The answer is obvious.

Why then would you turn you or your family's life over to your local natural healer, whose only knowledge of cancer is what he read in the last issue of Prevention Magazine?

Dr. Schulze was blunt with me. He said, "If you go to your local natural healing clinic, you're going to see a frightened look on Doctor Bob's face

when you tell him you have bone marrow cancer. He's as terrified as you are — because whatever he knows is *theory*; he's never *done* it."

Schulze continued, "Alternative practitioners don't have the expertise to deal with you. They're there to adjust a subluxated cervical vertebrae; they're there to massage a tight muscle; they're there to give you something to give you more energy"

"Now, Doctor Bob may profess he can help, or, he may have some posters in his office saying 'Prevent Your Risk of Cancer', but that doesn't mean he knows how to treat it."

As Schulze said, "Your local alternative healer is going to tell you, 'Go to Mexico. You don't know how many horror stories I've heard of the last-ditch effort of the family taking the sick person down to Tijuana. I know, I have visited the Mexican clinics (all of them) yearly, just to keep up on things."

"Come on, you don't want to be in Tijuana when you're healthy, it's the world capital of diarrhea, of food poisoning. Do you know how many times I've heard of people go to Tijuana; they got robbed, the car got stolen, and here they're standing out in the street with no money with someone who's got advanced cancer?"

"You look at someone who's already horrified, scared, panicked, and depressed, and now you're going to put them in filthy, 3rd world Tijuana in a grungy motel room where you find used condoms on the window sill (I've heard this often) — and this is something that's supposed to lift the patient up and heal them?!"

"Do you know how many people die in Mexico? Then the family has the additional burden of trying to bring a dead body back across the international border. I don't see this conveyor belt of people coming out of Mexico healed of cancer."

"I think it's important you let your readers know," said Dr. Schulze, "if they think there is someone who can help them — they are wrong.

Schulze went on, "The terminally-ill get screwed, because no-one knows how to cure them. I was the only one who did, and now that my practice is over, there's only the *SAVE-YOUR-LIFE Video Collection*, and that's it. There is nothing — except this Collection that gives you the same advice I gave to patients in my clinic,"

The reason I interviewed Dr. Schulze for my *SAVE- YOUR-LIFE Collection* is because in the last twenty-five years, in hundreds of phone calls and dozens of trips around America to look for healers, he was the ONLY one who could cure incurable diseases. No one else knew how. No one. Nowhere.

I am not an atomic physicist, so I didn't want theory or references. I was looking for results, results you could duplicate at home. Now I know, from personally talking to readers who SAVED themselves with my videos, that I made the right decision. You either listen to Schulze, or be prepared to lose people who are very, very dear to you.

The *SA VE-YOUR-LIFE Collection* gives you methods to use in your own *home* .— methods that have already cured thousands of their terminal diseases.

Wouldn't you rather recover right in your own comfortable BEDROOM, following the advice of the *only* herbalist in recorded history to SPECIALIZE in curing the incurable? Or would you rather risk your life on the road to some foreign country and come back in cargo?

If you don't ever want to die on the table, or be sent home to die, then you have to be prepared to live

You have to educate yourself— and die only thing that can do that is my SAVE-YOUR-LIFE Collection.

Doctors would prefer you die the politically-correct way — than to save your life with methods they don't approve of.

I guarantee: they do NOT ever want you to have a copy of my *SAVE-YOUR-LIFE Collection* in your living room.

Once they say you're as good as dead, they don't want to see you come back again n tremendous health six month

No — they don't want that they want you to be good little boys and girls. All they want you to do is call '911' Then they got you just where they want you

We have been trained to believe that when trouble hits, someone .else is going to take care of us. People think, “I’ll call 911 and it’ll be O.K.” A truck with a flashing lights comes to our house, and moments later a doctor says “We’re going to cut this off, or cut you open here”

You may SAY you believe in natural healing, but when the squeeze is on, you'll be so scared you'll do whatever

If you truly believe that natural healing is God's preferred method of healing, then your only defense is to study the *SAVE-YOUR-LIFE Collection* .today, and know the basics.

Then, when the doctor says, "M'am, we've got to do exploratory surgery, and we're going to start you on some experimental drugs, you'll

look him in the eye and say, "No, you're not, I'm going home, and I'll recover another way."

And you'll do Dr. Schulze's Incurable programs real hard, and months later, the doctor will say, "I don't know what happened. You were one of the lucky ones. " You'll smile back at the doctor, and not wanting to argue with a natural healing moron, you'll say, "I guess you're right, doctor. "

Please don't end up like hundreds of others who covered their heads in shame and said, "I wish I had learned sooner."

Regrets, regrets, regrets. That's all Dr. Schulze heard when relatives finally located him and learned what you can *now* get in the SAVE-YOUR-LIFE Video Collection,

Over and over, they wept and said, "*I wish I could have known all this, before my little Johnny died. I wish I hadn't trusted the doctors. "*

According to Dr. Schulze, "That's what my patients said when their kids died, or their husbands or their wives died, or their grandparents died, then they met me a month later, because now they're out searching for alternative treatments, once their relatives were dead."

"All I could say to them," said Dr. Schulze, was, "'Well, be thankful you know it *.now*, for the rest of your friends and relatives that are still alive.' But it didn't save the person that's already in the grave." When big-time disease hits you or your family — be prepared to stop that disease cold with the knowledge in the SA VE-YOUR-LIFE Collection.

Chapter Two

The Basic Programs for Curing Terminal Cancer.

The Basic Programs for Curing Terminal Cancer.

This is the program that has cured the medical throw- aways.

This is the program that can cure the cases that natural healers cannot heal. This is the program to use when everyone says it's all over — but you still want to live.

The program was created many years ago by the late Dr. John R. Christopher at his healing clinics in the Southwest. The program was further developed by Dr. Richard Schulze at his "underground" clinic in California.

The program includes herbal formulas that are described in coming chapters and on the videotapes. The program also includes special routines that are described later. The only purpose of this chapter is to give you the essential information, and to answer certain questions that have appeared.

How long must you stay on this program? For at least 30 days. You may need to be on it for up to six months, depending on the severity of your condition. You can also do the 30-day incurables program as a touch-up when your health is running down again. Also, depending on your condition, you may be able to take a week break in-between the 30-day cycles. In that week break, you don't dive into junk food. You can just eat a quality vegetarian diet.

However, in severe cases, a break in this routine may not be advisable. Do not discontinue this program the minute your disease symptoms disappear. Continue until long after they are gone. Otherwise, you may be only partially healed.

Here is the program:

First is the food program. If you are seriously ill, you are to discontinue food immediately. You will be drinking one gallon a day of water and fresh juices. No food. For some patients, Dr. Schulze has them drink up to two gallons per day.

Dr. Schulze recommends a juicer with a pulp ejector, such as Champion or Juiceman. You want a juicer that lets the juice come out one side and the pulp out another. Otherwise, you'll always be having to stop and clean out the pulp from the juicer. (You can order juicers by calling this independent distributor: Champion Juicers (800) 882-0157. They have juicers from other companies too.)

According to Dr. Schulze, "I like the Champion juicer because it's versatile. It's a couple hundred bucks and you can make nut butters, frozen fruit desserts, and juices in it. Now supposedly the best one made is the Norwalk, but it's \$2000. Who needs that? The Champion works great. Now the Juiceman, which is about \$300, some people say it's a little easier to clean. I got my Champion 20 years ago, I've still got the same one — and no one is as hard on a juicer as I am."

In any case, in far less serious cases, fast at least one day every week. Also, drink at least 8, if not 16, ounces of fresh carrot juice daily. So that you know, carrot juice is an excellent source of absorbable calcium.

You need a lot of nutrition to heal — but you don't need it from potatoes; you don't need it from heavy grain dishes that take you 6 hours to digest. And all that blood and energy is going to your digestive tract. JUICES ONLY — during the most critical phases of healing.

If you don't have a juicer, buy one. Richard Schulze refuses to work with patients who won't get a juicer

Once you are off 100% juices, you will be eating a 100% total vegan vegetarian raw diet. This includes all vegetables, fruits, raw nuts and seeds,

and soaked and sprouted beans and grains. Eat fresh organic produce that is locally grown and in season.

The only liquids are distilled water (never make herb teas without it) and herbal teas (non-caffeine) and fruit and vegetable juices. The only precaution is that some sick people have to be careful with fruit juices — not to get too much sugar. I myself use only a tiny quantity of fruit juice combined with a lot of water.

No alcohol, coffee, black tea or sugar.

No animal flesh, eggs, milk or milk products (cheese, yogurt, butter) can be consumed. No cooked foods (bread, baked potatoes, tofu, etc.). Eat only fresh, organic produce that is grown locally and in season.

Now we come to the herbal nutritional program. Dr. Schulze doesn't believe in vitamin pills. As Dr. Schulze told me, "These are chemicals, not foods. For example, did you know that niacin is made from boiling sulfur in the presence of asbestos? And vitamin B-12 is made by using treated sewage sludge as a raw ingredient. Can anyone really call this natural healing?"

Here is a formula for superfood. You take 4 tablespoons a day, two tablespoons in the morning, and two in the evening. The ingredients are: spirulina, chlorella, alfalfa grass, barley grass, wheat grass, purple dulse seaweed, beet root, spinach leaf, rose hips, orange and lemon peels and non-active nutritional yeast. If you are missing any of the ingredients, just do the best you can. Use whatever is available to you.

The best food yeast to get for making your own superfood is called, "Red StarT-6635 #12 Large Flake." This is food yeast that is grown on beets as a food source. Ask your healthfood store to order it for you. If this doesn't suit you, try another type of yeast. We will be speaking about yeasts again in our chapter on neurological degeneration.

If you are under a great amount of stress, you can increase the amount of superfood per dosage, and you can take the increased dose four to six times daily. The food yeast in the superfood will give a lot of energy that can lift depression and often reverse symptoms of neurological damage.

You can make this yourself or purchase it. Ordering sources are included at the end of the Manual. Make the following nutritional drink:

8 ounces of fresh-squeezed fruit juice, or less if the sugar content does not agree with you. Some people may find apple juice suits them better than citrus juices, and is less drying to the skin.

8 ounces or more of distilled or pure water.

1/2 to one cup of fresh seasonal fruit

2 ounces of food mixture from above recipe.

If adding fruit to a superfood mixture gives you too much sugar, you can mix the superfood in water, or in carrot or other juices.

My wife noticed that her skin got too dry on the vegetarian program, so she learned that she could add two tablespoons of flaxseed oil from Spectrum Natural to her superfood drink. It worked. She also put castor oil on her dry, cracking hands, which helped also.

One minor problem with adding any oil to superfood is that it can make some people sluggish. You may have to take the flaxseed oil in the evening, when any energy loss wouldn't matter as much. Another possibility is to add ground-up flaxseeds to your superfood drink, instead of flax oil.

Also, because of differences in metabolism, some people may do better on different oils. Flaxseed is not necessarily the best for everyone. I myself prefer sunflower seed oil.

Also, my wife noticed after several weeks that she was getting somewhat depressed on the program. Since she was not ill, she learned that she needed

to add some beans and more calories to her diet, and since winter was coming, she needed a slightly heavier diet to help her adjust to the cold weather. Salads and fruit were no longer enough, as they were in summer. This solved the problem.

The liver/gallbladder flush.

Every morning must begin with either this liver/gall bladder flush or the kidney/bladder flush (described on the next page). You can alternate between the two flushes on a weekly basis.

Ingredients:

Fall and Winter. 8 ounces organic apple juice or organic grape juice, or...

Spring and Summer. 8 ounces organic orange juice or citrus juice combination (juice of one lemon or one lime and enough orange, grapefruit or tangerine juice to make 8 ounces)

8 ounces distilled water

One to four clove(s) of garlic (start with one clove and increase daily) I myself take 4 huge cloves each time with no problem.

1 to 4 tablespoons of organic, virgin, cold-pressed olive oil (start with 1 tablespoon and increase daily)

One small (1 inch) piece of fresh ginger root (to avoid nausea)

Instructions:

Blend the ingredients in a blender and drink- Fifteen minutes after this drink, consume 2 cups of Detoxification Tea (formula given in the chapter on liver-cleansing) or a strong digestive tea such a peppermint leaf or ginger root. Drink an additional 1 to 2 cup(s) of tea in the early afternoon and 1 to 2 cup(s) in the early morning.

Also, during this flush, consume 2 dropperfuls (70 drops) of a Liver/Gall Bladder Tonic (see the chapter on liver cleansing for this formula) four

times daily. It can be taken in a few ounces of water. Certain people may need to use this liver formula as a base and add more of an herb like chaparral, wormwood, or barberry for extra punch.

I myself find I need lots of extra chaparral tea, more than a typical person. What I do is take chaparral tea, and add the liver formula to it. Also, buy some large paper cups to drink your herb tea out of. The chaparral and other herbs can be difficult to clean off of glasses. Also, by using paper cups, you are reducing the amount of kitchen work you'll have to do, and this helps when you're not well.

Use an old pan to make chaparral tea. Its sticky resin ruins pans, unless you have the time and energy to use steel wool every time. With chaparral, you are better off making a tincture.

Feel free to add to these basic formulas to find what works for you. Never be afraid to intensify your program, or try different things.

The kidney/bladder flush. Do it every other week.

It doesn't matter if you have a kidney condition or not, do this kidney cleansing routine every other week, all week long.

Dr. Schulze has seen medical photographs and autopsies of kidneys that had objects in them that looked like coral, sea anemones with spikes, and deer antlers three or four inches in size. These are crystallized wastes — from the bodies of people who didn't necessarily have any kidney disease. The urine from some of his patients was full of bacteria, pus, and blood.

If you are on the incurables program, every morning you should do either the kidney/bladder flush or the liver/gall bladder flush described earlier. You can alternate between these flushes on a weekly basis.

Ingredients:

Juice of one lemon and one lime

16 to 32 ounces of distilled water

A pinch of cayenne pepper

maple syrup to taste (optional)

Fifteen minutes after drinking the kidney/bladder flush, drink 2 cups of a kidney/bladder formula, given in the chapter on kidney cleansing). Also drink 1 to 2 cup(s) of this tea in the early afternoon and early evening.

In each cup of the Kidney/Bladder Tea, add 1 dropperful (35 drops) of a kidney/bladder tincture. The formula will be given in the chapter on kidney cleansing.

Herbal detoxification programs for incurable patients.

You must use an herbal cathartic formula every day to keep your colon active. Start with one capsule just after dinner and increase by one capsule daily until you get the effect you want. Ingredients for the formula will be given in the chapter on bowel cleansing.

You also take an intestinal healing formula each day. Take one heaping teaspoon in 4 to 8 ounces of distilled water or juice 3 to 5 times daily. The formula for this is in the chapter on bowel cleansing. It is the second formula given.

Also, every day, take 2 dropperfuls (70 drops) 4 times daily added to 2 ounces of juice or water of a blood-cleansing formula. The formula will be given in the chapter on blood-cleansing.

In addition, you alternate every other week with an echinacea root concentrate. Use two dropperfuls (70 drops) 4 times daily. The formula is given in the chapter on immune-system formulas.

All these dosages are starting points. I have taken two to five times as much with no problem. Don't be afraid of herbs, especially when you are on a complete program.

Optional nerve formulas.

People who are critically ill may be stressed-out. After all, how would any man feel if the doctor said he was going to cut off his testicles and that in three months, he would be dead anyway, and die in pain?

There are two different nerve formulas and different nerve herbs covered in various chapters, particularly in the chapter on nerve regeneration. The two basic nerve formulas are the nerve sedative formula and the nerve restore formula.

You may find the nerve sedative formula essential to calm down. Failure to calm down may inhibit your healing. Use two dropperfuls three times a day of the nerve sedative formula. You can increase that to double the dose. Also, you can take up to four dropperfuls at one time, as needed. The nerve sedative formula is given in the chapter on nerve regeneration.

Most sick people don't use enough cayenne pepper, and the pepper they do use is pathetically weak.

On the incurables program, you need to take three to six teaspoons of cayenne pepper per day. Start slowly and work up.

Also, you need to be taking cayenne that is at least 100,000 H.U. in strength. Most cayenne sold is only 40,000 H.U. strong. This is not what Dr. Christopher used in his clinics.

This is one more reason why people no longer get the healing results that Dr. Christopher used to get. They use lower doses of cayenne, and they use commercially available cayenne that is only a fraction of the strength he used to recommend.

A few people have a hot, dry metabolism and can only use cayenne pepper occasionally— and not regularly. I am one of these people. For these people, cayenne will irritate their system.

SCHULZE: The best place that I've found to buy fresh peppers is any ethnic area of your town. Like in Los Angeles, I can get them in an Iranian market. They have good hot peppers. If you can find any Caribbean ethnic area, or Chinese, or Japanese, Korean or African, you'll get a better pepper than you can at the healthfood store.

All you want to say is, "What's the hottest?" If you don't have an ethnic area, try to find a grocery store that has a great produce section and just ask the produce manager, say "I want some hot peppers", and they'll pick some up for you next time they go to the market.

Some peppers rate at 200,000 and the top of the line is 300,000. I've never seen anything rate higher than that, and that's what habeneros are. They're just a Mexican chili pepper. It's an orange pepper that's shaped like a pumpkin, but it's only about the size of a nickel, and that's about the hottest one known.

BISER: *What do you do? Do you dry them out in the food dryer?*

SCHULZE: Oh yeah. Or you can just throw them on the counter on a paper towel or piece of cloth and they'll just dry out on their own. I've got bowls of them at my place. And when I buy them, I just toss them in an area that's going to get a lot of air. Or put them in one of those nets you can hang in a kitchen and put food in. And when they dry, they shrink down to about a Q-tip head. A little goes a long way. Wow!

There's another variety called pequin, which is called the African Bird Pepper. That's 300,000 also. Those are the two hottest peppers on the planet. I personally travelled with Dr. Christopher, and he always talked about African Bird Pepper, and that's what that is. Very few people have that

or sell that. What the herb shops sold forever was 40,000 heat units chili pepper, but that was not the African Bird Pepper that Dr. Christopher used.

BISER: *lean take the 40,000 unit regular pepper and hardly feel it?*

SCHULZE: Yes, and see, that's not what Dr. Christopher talked about. Here's another one of those missing links. Like I said, when Dr. Christopher used to talk about cayenne, he called it African Bird Pepper. That was the first time I'd heard that name. It was from Dr. Christopher.

BISER: *So he was using 300,000 KU. pepper?*

SCHULZE: Oh yes. He was using really, really, hot stuff. The hottest he could get.

BISER: *So, if he said 3 teaspoons a day, he wasn't talking about 40,000 units?*

SCHULZE: No, he was talking about that big heavy-duty stuff.

BISER: *And that got watered down to 40,000?*

SCHULZE: Well, unfortunately, that's what the standard now is.

BISER: *Yes, but that's only a little more than a tenth of what he recommended.*

SCHULZE: Absolutely. And this is why...I just did the eyewash on students. When I did this on students in England, we'd do the eyewash with no cayenne, then we'd do it with Dr. Christopher's recommended amount of cayenne with 40,000 H.U. peppers.

Then we'd do it with Dr. Christopher's recommended amount of cayenne with the 300,000 H.U. peppers, and when we use the 300,000 stuff, people have involuntary eye closure and they can't see for five minutes. And when they open their eyes ten minutes later, they say they see things they didn't even see before.

The key is we all want the hottest cayenne pepper we can get. The cayenne pepper that's sold on the commercial market nowadays, a lot of it, would have been considered junk by native peoples.

[Note from Sam Biser: Here is something I just learned: With these extra hot Mexican peppers, you need to start with a tiny part of a teaspoon and work your way up as you get used to it. Flush it down with plenty of water, and always have some food in your stomach.

I tried a teaspoon on the first day, and it hit my poor stomach like a hot brick. After ten minutes of terrible cramps, it passed, and I felt a lot better than before I took it. I find it was easier to take multiple doses of half a teaspoon during the day, rather than a full teaspoon at once.

Do not get this on your fingers and start touching your eyes. It will burn. Especially be careful not to touch your genitals after getting this on your fingers. If you do, you will be in agony for awhile. I realize this sounds contradictory, since hot cayenne is used in the eyewash. However, in the eyewash, the cayenne is in a liquid solution, and you are using it for a therapeutic purpose.]

Consume at least three extremely large cloves of raw garlic every day. Eight cloves a day is preferable.

SCHULZE: In all the reports I've ever read on garlic, the least amount that was ever used was three cloves a day. So if anybody thinks that with one or two cloves a day, they're going to cure something, they're wrong.

BISER: *When you say cloves, you don't mean those little tiny cloves?*

SCHULZE: No, never. You need a clove an inch long and a half an inch wide.

BISER: *Wow, that's a big clove!*

SCHULZE: Yes, that's sort of standard, an inch long and a half an inch wide. They sell a lot of junk garlic today. And the junk garlic, of course, is when in one bulb of garlic, there are about 50 cloves of little slivers of a string bean. That's garbage garlic. It wasn't grown properly.

You can juice that, but who is going to sit down and peel that kind of garlic? A good kind of garlic bulb is about the size of a small lemon and should have about 15 large cloves of garlic in it, and you want to use one of those large cloves. Sometimes garlic cloves can be even bigger. They can be like an inch wide and an inch high, but generally an inch high, half an inch wide. One of those 3 times a day is minimum. That's a starting place.

BISER: But *what's optimum when you're frightfully ill?*

SCHULZE: Oh, about eight to ten cloves a day. There was a flu going around Los Angeles, and the minute a friend of mine felt it, he did twelve cloves, and that was it. It was gone, and so we need to get up around eight to twelve cloves in a day when we're talking serious disease.

You know, we had a lady call the other day and she said, "I don't like garlic." My wife just said, "Don't get well." If you want to undertake natural healing, don't be whining about the garlic odor in your breath with your social friends. I mean, we're talking here about saving someone's life.

BISER: *What I did this morning for an energy drink, I just chopped up a whole 5-8 cloves of garlic, a handful of ginger, and mashed it up on a plate. Dumped it in some apple juice, stirred it and let the juice soak in for 10 minutes, and then drank it down. For me, the apple juice reduces the sting of garlic. I have this once or twice a day.*

Other times, I put lots of garlic in the superfood drink in the blender, which grinds it up. I think I get more out of it by using a blender.

SCHULZE: Now, there's a drink! The ancients, the Greeks, the Romans, the Egyptians, when they used garlic, they would use the whole bulb, ten or

fifteen cloves. In fact, we bake garlic here and so we bake the whole bulb, and we never eat less than one per person.

BISER: *When you bake it, do you have to clean it all up before you bake it?*

SCHULZE: No, all you do is take that garlic clove, you can baste a little olive oil on it, put it in the oven and bake it like you would a potato, skin, everything and all. You don't have to do anything to it, and then when it comes out, you just squeeze the cloves and it come out kind of like peanut butter.

Now, it's lesser strength that way because the heat has destroyed some of the properties, but when you use it in that way, you can eat twenty-thirty cloves of garlic easily, and spread it on whole grain bread. You can put it in with vegetables, so that's a nice way for people when raw is a little bit tough on their system. They can just bake it a little bit. But not if you're on the incurables program. Then, its raw only.

The water therapy program.

High enemas: You must use a high enema every other day with an implant afterwards. Use only distilled water for die high enema. The implant can be: eight ounces of Aloe vera gel and 8 ounces of distilled water (soothing).

You can also use: two ounces of wheatgrass juice with 16 ounces of water. (This is detoxifying.)

Another possibility is: 1-2 cloves of garlic blended into eight ounces of raw apple cider vinegar and eight ounces of distilled water (this would be anti-bacterial, anti-viral and anti-fungal).

Use your imagination: If you feel you need a blood-cleansing tea as an implant, use red clover, or use echinacea root tea for its immune-enhancing abilities.

Hot and cold showers: This is the most effective way to move the blood and create circulation. This procedure is covered in much more detail in the chapter on using water to cure. Twice daily, and for some people, up to four times a day, you must do a complete hot and cold shower. You will start with hot water for one minute, then cold for one minute. Repeat this seven times, so the shower should last about fifteen minutes.

You should also apply the water directly to the affected area, such as the breast, or the head, or the genitals. Massage the area vigorously while you do the hot and cold shower.

If the shower is impossible, then use hot packs and ice packs.

Castor oil packs nightly are critical. There's no excuse for skipping them.

Every evening, do a castor oil pack over the affected area and leave on all night long. You can do multiple castor oil packs over different parts of the body. They can be kept warm with a hot water bottle. Let's soak a minimum one-foot square piece of flannel. Heat the castor oil pack before you put it on.

Don't be stingy with the size of the castor oil pack, or with the amount of oil you put on it. It is better to cover more of the area of your body than less. If you use more, you are cleansing the nearby areas which are probably infected or congested also.

According to Richard Schulze, "You just go to your local fabric store and get some cotton muslin that's used for making baby diapers. They have it in big bolts, and you can just buy a whole bunch of that. Cut it up as you want."

"It helps if you seam the edges, and if it isn't thick enough, you can actually buy heavier weight cotton and put it in, and kind of sandwich it in-between two pieces of this. Then you can soak it in some

castor oil and you have a really nice, thick pack. Or you can sew multiple layers of this together, or you could even put cotton batting inside.

"Get some good cotton batting or cotton felt, and put it inside, like one layer of cotton batting and one of muslin on each side and stitch together around the edges and that holds a lot of castor oil."

Cover the pack with plastic to keep it from soaking into your blankets and sheets — which may get stained anyway. I put the plastic over the castor oil pack, and then I put on a thick, terry cloth robe, and then have the plastic on top of the sheet.

Baking soda can help in getting the oil off you in the morning, in addition to soap. The baking soda seems to soak up the oil.

Eventually, the pack may get stained with colors from drawing out toxins. Change it with a fresh pack. It is not necessary to refrigerate the castor oil pack during the day.

Some critically-ill patients have done castor oil packs over their entire body, and I heard of one terminal cancer victim who was saved by his son doing this. He soaked a sleeping bag in castor oil and put his Dad in it.

Be careful with castor oil, because it can spoil all your bedding and furniture. I use huge plastic garbage bags laid out flat underneath me on top of the sheets. When I do a castor oil compress on my head, I cover the whole pillow, and the headboard of the bed, with plastic. When you are doing castor oil packs, use underwear and T-shirts that you keep separate from your regular underwear. Castor oil can leak into your undergarments, and you will never really get all of it out.

If you need to do castor oil compresses on your head, cover your head with a plastic sheet, or wrapped-up plastic garbage of the proper size. Then, place over that, a winter cap to hold it all in place. If you are doing a castor oil pack on your genitals, use disposable adult diapers, with plastic

underneath, to keep it from getting on your bedding. It still will — but not as much.

When you get castor oil on your hands, wipe them off with paper towelling before you wash them. Otherwise, you will get the oil all over your bathroom fixtures. What I do after putting the compresses on, and you can have several on in different parts of your body at the same time, is put a terry cloth robe over you to help keep the oil from brushing on to anything in your house.

The cold sheet routine must be done by all patients.

FINALLY, THE COLD SHEET TREATMENT — THE ARTIFICIAL FEVER ROUTINE: Do a cold sheet treatment once or twice a week. The second or third time you try this or any procedure, you will know what to expect and be more comfortable with it. Do NOT skip the cold sheet routine and do everything else.

There is NO herb or physical exercise that substitutes for this treatment. If you wimp out, your body loses. Full instructions are included in my chapter on water cures. Also, special instructions for children are included in my children's chapter later on.

Get all electronic devices out of your bedroom.

One researcher said, "Because of electronic stress, the bedroom is often the most dangerous place in the home." That means, get rid of televisions in your bedroom, electric clock radios, any electronic devices.

According to Wolfgang Maes, German researcher into electro-magnetic stress, "The electro-magnetic fields in bedrooms are often worse than under high-tension power lines." In addition, he claims that people are more than 100 times more vulnerable to electro-magnetic stress during sleep.

He said that since you spend one third of your lifetime in your bedroom, it should be a temple, not an electronic warehouse. TV screens radiate all night long, even after you unplug them.

In one case, a two-year-old child was very sick with headaches and severe muscle cramps all over her body. She was nearly dead. She was lying in her bed at night with a radio alarm clock directly under her pillow. The child took to the alarm clock every night because it was so warm. She liked the temperature.

When Wolfgang Maes measured the field directly near the alarm clock, it was 30,000 nanotesla. This is thirty times more than under a high tension line. (The level under a high tension line is from 800 to 3,000 nanotesla.)

The parents took the radio away immediately. The little girl got better week by week. About three to four months later, the father called and said that about 80% of the girl's problems had disappeared.

You can test your bedroom for electrical pollution with an electro-stress meter. To get them, write or call, The International Institute for Bau-Biologie, P.O. Box 387, Clearwater, Florida 34615. The phone number is (813) 461-4371.

Another critical thing, and you may laugh at this, but you may have to move the position of your bed inside your bedroom.

The entire earth is threaded with an invisible grid of energy lines every 6-8 feet. If your bedroom or work area lies over these lines, or, if they intersect over your body while you sleep, there is a great chance you will have health problems such as heart attacks or cancer. These were discovered by a German medical doctor, Ernst Hartmann, M.D., who named them Harrmann lines.

Cats love Hartmann energy lines, so if your cat loves a certain area of the bed, make sure your body never lies over that point. A woman in Germany had three cats. They all slept in one tiny spot on the bed when she wasn't there. The woman also slept on this same spot. It went right through her chest area. She died of breast cancer.

Ants love to build hills on Hartmann lines. Dogs and horses avoid the lines. Birds in nature rarely build a nest on a Hartmann line. A lot of pet birds die because their owners unknowingly put the cage right on a Hartmann knot — an intersection of two Hartmann lines at right angles.

In different generations, three different people slept in the same bed. The bed was where two Hartmann lines crossed. They all died of stomach cancer. Dr. Hartmann once told a woman, "You're lucky you don't sleep on that spot." She replied, "Oh, God, that's where my grandmother died."

It takes a trained and sensitive dowser to locate these energy grid lines. These people are often impossible to locate.

The best thing to do is what I did: use your intuition. Ask yourself if this is contributing to your disease. I moved my bed and now I sleep much sounder and feel stronger in the morning.

Physical exercise and bodywork.

Massage the entire body every day with special emphasis on deep foot reflexology and all around the problem areas. Do not be afraid to touch sick parts of your body. Put some life back there. You must not avoid the parts of your body that are hurting.

Alternate castor bean oil and olive oil for your massage oils. Forget wheat germ oil. The wheat germ oil that Dr. Christopher used to recommend may now be rancid, or fortified with artificial vitamins.

Use a natural bristle skin brush and SCRUB yourself thoroughly every day. It stimulates the lymphatic flow and your lymphatic system is the clear

fluid of your body. It doesn't have a pump like the heart. It's the white blood and it's what contains pure immune cells. Skin brushing moves the lymph tissue. You can move the lymph just by rubbing your skin. It's one of the best ways to move that lymph around the body.

Exercise: you **MUST** exercise every day. Do whatever you can, but push yourself. Increase the amount every day. You should breathe hard and work up a sweat. One hour each day is to be your eventual goal. If you rest, you rust. Or worse, you die.

Your mental attitude.

Richard Schulze highly suggests that anyone who has been diagnosed as incurable or hopeless do the following: throw out the diagnosis and start on a healing program immediately. The incurables program has no power unless you put all the time and energy you have into it. You must give it 110%.

Here is what you need to do or understand:

1. LOVE: giving it and receiving it is the most powerful cleansing and healing tool.
2. Be responsible for yourself. You created this problem and you can get rid of it. No one ever got better by feeling sorry for himself.
3. The doctors were wrong. You can get well.
4. Forgive everyone in the past, including all your doctors.
5. The main function of your body is to repair and heal, so let's get started. There are NO incurable diseases. Get positive, right now. Believe. Start NOW.

When your doctor says, "You have six months to go."

What does it really mean?

BISER: *What does it do to your immune system when they say you're going to be dead in six months?*

SCHULZE: Well, you know, the scientific end is that, by depressing yourself, you're depressing almost every function of your immune system.

BISER: *So, they just killed your immune system by saying that to you?*

SCHULZE: That's right. Your mind is now sending chemical messages to your immune cells, "We're going to die. We're going to die. Stop fighting."

BISER: *What do you tell patients?*

SCHULZE: One of the things I always tell people is that everything that you can create in your body, you can get rid of.

That keys them a little bit to think, "OK, wait a minute, I got myself into this mess, I can get myself out." I let them know that what the doctor means is that you're going to be dead if you're an average American. The doctors aren't talking about the vegetarians who exercise, who clean their bowels regularly, and who do a liver flush. They don't know anything about that.

BISER: *That's how they look at it It's six months — if you're going to do like everybody else.*

SCHULZE: Yes, if you're going to go home and continue the six-pack of Bud every night, watch Roseanne on the color TV from four feet away and get that radiation, not exercise, sit in your easy chair, have your negative thoughts, be constipated like the average American, then in six months you'll die of pancreatic cancer.

You know, they're right, they're absolutely right: You will.

But they don't know anything about if you go home, throw the color television away. Get the blender out, make liver flushes, start exercising, read inspirational books, use high enemas, and herbs, and a vegetarian food program, and use hot and cold showers. There's not a book written on what will happen if you do that

So, because they don't know and they don't know anybody that's done that, they say you're dead in three to six months.

BISER: *Then your people feel better when you talk to them?*

SCHULZE: Of course. It makes sense to them. All the test subjects the doctors are referring to are New York City taxicab drivers or something like that. They take a group of typical diseased, rotten Americans and base their deadly comments on that. Ignore them, and get on the incurables program immediately.

Additional routines for the incurables program.

Every day, strip naked and take a sun and air bath for 10 to 15 minutes. Everyone has been brainwashed into believing that the sun is a killer. The sun heals — when used wisely. There were entire clinics in Europe in the early 1900's that healed serious diseases with the rays of the sun. They called it Heliotherapy.

Every day, take a walk outside in your bare feet and shuffle them in the grass or dirt, even lie down on the earth. Do deep breathing while you are outside. Fresh air will help you heal faster.

Take naps. One to three short naps a day, more if you need. Don't make naps too long; you can get groggy if you lay there too long. Better to take more naps and shorter ones. Many patients ask Richard Schulze for a formula to give them energy, and they tell him they are tired after lunch. What's wrong with that? In Europe, everyone rests after lunch. In America,

people rake coffee to force their glands back to work when all they need is rest.

Use only natural soaps, shampoos and toothpastes. Never use deodorants, perfumes, colognes, etc. You may use pure essential oils if you smell. Wear only natural fiber, cotton, wool and silk. No polyester, nylon or even blends.

HAVE THIS POTASSIUM BROTH AS MUCH AS NECESSARY: This broth will flush your system of unwanted salts and acids, while giving you a concentrated amount of vitamins and minerals. Fill a large pot with 25% potato peelings, 25% carrot peelings, and whole chopped beets, 25% chopped onions and garlic, 25% celery and dark greens. Add hot peppers to taste.

Add enough distilled water to cover vegetables and simmer on very low temperature for a minimum of one to two hours. Strain and drink only the broth, put the vegetables in your compost. Make enough for two days, refrigerate leftover broth. It is important to use organic vegetables. We do not want to consume any toxic insecticides, pesticides, or organic chemical fertilizers while we are on a cleansing and detoxification program.

Finally, and this is my opinion (Sam Biser), consider using celtic salt, the only natural, unheated ocean salt I know of, in your food. You can obtain this from: The Grain and Salt Society, 273 Fairway Drive, Ashville, North Carolina 28805. (800) 867-7258. Without sufficient salt in your diet, your X body will remain dehydrated, no matter how much fluid you drink, because you cannot retain water without salt.

Learn how Dr. Schulze heals patients whom other healers cannot help.

BISER: *What is the basic mistake other healers make in not getting results with incurable cases?*

SCHULZE: Not enough intensity. That's the big problem.

You know, when I'm over in Europe, the greatest healers line up their worst cases for me in the hallway. These are the people who they haven't been able to get well. The big problem is that everyone is afraid of hurting someone. They don't want to break the patient.

BISER: *The big problem is death!*

SCHULZE: Absolutely. They didn't want to push the patient too far.

BISER: *So what do they do, keep the doses and routines moderate?*

SCHULZE: That's right. And yet, I find when I look into the lives of these patients, the way that they took care of themselves before they got sick was very intense. These people were drinking pints of wrong beverages, and smoking cigarettes and on a steady diet of animal foods. And people are afraid that a bit of natural healing is going to overdo it. So I turn up the volume on everything.

I have gathered a great sense that the human body is incredibly strong — and I have yet to kill someone. I have yet to do a treatment, like put someone in an ice bath, or give them a cold sheet treatment, and see them die. No one has died on me. I dare them to die on me. People are so much stronger than anybody can ever imagine.

And so I get these patients, and I do in a day what these healers were having these people do in two weeks' time, and everybody breaks into a sweat and stands back and thinks, "Oh wow, I can't believe what he's doing to Mrs. Jones."

Herbs could not heal one man of a kidney stone until the patient had a tough, painful session of foot reflexology.

BISER: *And what might you be doing to Mrs. Jones that they hadn't done?*

SCHULZE: Oh, I might be getting right down to give her a colonic myself, but with some deep muscle work in the gut.

Or I might just work on those feet with some heavy foot massage and some deep reflexology. Once, I saw Dr. Christopher work on a guy who had a kidney stone and he had done the herbal routines and he couldn't pass the stone. And Dr. Christopher got on his feet, and the guy felt like Doc was putting a nail through his feet. And the guy passed the stone within an hour. The man had done all the herbs, he just needed his nerves stimulated to make something happen.

"When a person hasn't gotten results, then I know I have to go in there and intensify everything."

SCHULZE: Most practitioners are a little afraid to do that because of their insurance, and even if they've been in practice for ten years, they're still frightened for themselves and for the patients. What they don't understand is that they're hurting the patient by being timid.

Usually the healers are not doing enough of everything. Their treatments are lightweight.

You know, so many people are afraid to care for their patients, but in my first twenty years, I've had it all happen to me — so I'm not afraid of anything. I've had my butt kicked, so what's the worst thing that could happen? I've been beaten up a dozen times.

What are these patients going to do to me? I'm not afraid of them. You know what I'm saying?

This tooth right here got knocked-out or kicked out. I did kick-boxing for two years. That's probably one of my weak points, that I'm not afraid. I'm not afraid of anybody or anything. I don't have those kind of fears. I'm not afraid of the patient.

What are they going to do? Get mad at me, cry, call me a jerk? I've been called a jerk. They can't hurt me, so I'm not afraid to just drill them. I'm not afraid of their tears; fine, cry, when you stop crying, we will continue. If you want to yell at me, if you want to slam the door, fine. Don't let it hit you on the butt on the way out. I just turn up the volume. So I think that is the biggest thing.

BISER: *What if the healer gets the patient to a plateau and can't get him all the way healed?*

SCHULZE: It means the healers are afraid to do more. They are thinking, "Oh gosh, I can't say that to them."

But I don't care. I'll ask them about things, like, if I see their husband, I'll say "What is he like? Do you love him? Do you have a good relationship? Do you enjoy sex?" I just go and go. I want to know everything. If I see a little something, I want to pick into it. If I'm asking a question and I see diem go blank, I say, "What are you huffing about? Does this make you mad what I'm saying here? I'm saying you can be well. Is that a problem?"

I don't let up and I keep making it tougher and more intense. They just love it. This is where my reputation in Europe has gotten big.

BISER: *As a butt-kicker?*

SCHULZE: Absolutely. And I don't give up. More cayenne, more tinctures. More everything. On my last trip, I saw a woman with a brain tumor. I took the entire program of what the herbalists were giving her all day long, and

for me, that was only one morning dose, and I repeated that 6 to 8 more times that day.

I found out she worked in a dry cleaning place, and was getting all those toxic fumes. I told her to quit her job and get in a less toxic environment, but all the healers had been too embarrassed to tell her.

I take people in these clinics and I say, "Get me twenty pounds of ice in the tub upstairs," and if I get a patient who says, "You don't understand." Then I say, "Fine, let's go upstairs and get in the tub of ice water. Let's see if that brings us through the situation."

"Why I throw people in buckets of ice water."

BISER: *Why throw people in ice? What does that do?*

SCHULZE: You can't be cool and aloof when you are in a tub of ice. You can't hold on to your stubbornness. You're being stuck and being mad. You cry. It's very painful. It's a shock, shock treatment. I've taken people that have been in the clinic and grabbed them by the back of the hair and held them in the shower. It's great to know the martial arts. They end up loving it, because no one else would do that to them. But they get well. Of course, we have miraculous healings. And again, one of the only reasons we have these miracle healings is because I crank up the volume and turn up the juice. The thing is, too, I don't quit. I don't run out of things to do.

There is so much. How can you run out of things to do? I think if I ever did, I would start at the beginning again. Or do them in a different sequence — or add more together. There is no shortage of natural remedies or treatments. That's what your readers have to understand about the healing process: don't hold back.

BISER: *In other words, it's not a place for timid little ants.*

SCHULZE: You got it. Everybody thinks they are doing something intense, and I tell you, give it to me and I can do it 10 times more intensely. And nobody gets hurt, and everybody gets better. I have never seen a person break. One of the things I do best is just feel secure enough to turn up that volume.

BISER: *So, if you did not turn up the volume, the family was heading for the funeral home?*

SCHULZE: Absolutely. Then it's time to carve in the second date on the tombstone.

I get some people in my office, and I'll say, "I think you need to drink a couple of glasses of carrot juice a day," and they go, "I did that." And I go, "Well, you need to take hot and cold showers," and they go, "I've done that before." You go through the list of herbs, and they tell you, "I've done that before."

But they have never done it all at once. They haven't put this entire program together — and they haven't done it every day. There is incredible power in having the program together. These people have never experienced that kind of healing power.

How you can tell whether a person is having a healing crisis, or whether they are going to die.

BISER: *When people start dumping toxins or feel sicker, how do they know if it's a healing crisis, or their*

SCHULZE: There is only one way. You know, if someone is throwing up bile, okay, how do I know if that's healing or disease? Well, what did they do last night?

If they tell me they went to the bar, had four light beers, a couple of shots of Tequila, and ate a pepperoni pizza, that's a disease crisis. But if

don't know what is keeping them alive. I think to myself, "This is it. They're not going to be one of the many lucky ones."

And then the next thing I know, they are well. And so I would have done them a real disservice if I would have said to go to the St. Thomas, Virgin Islands and eat chocolate and wait to die.

I'm a bad person to decide who should live or die. That's not for me to say. I try to empower the patients into that and let them decide. Maybe they will get some signal. Maybe God will talk to them. I've had patients who absolutely knew. They said, "I'm not going to make it through this. Let's have a party." And they had a party, and a day later, they were dead.

BISER: *So patients actually tell you that?*

SCHULZE: Yeah, they tell me. So I have never, ever told a person they are not going to make it. Even when they are dying. Even when they are vomiting blood. I go, "well, let's just take one day at a time". I have never said, "This is it." How could I say that to someone?

BISER: *You don't know.*

SCHULZE: No, I really don't. And unless God speaks to me personally, I'm not going to write anybody off as dead. So I always say, "Keep going." And that's how I cured so many that others left behind.

Chapter Three

**Basic Information on
Juice-Fasting for People
with Cancer.**

Basic Information on Juice-Fasting for People with Cancer.

This is basic information needed to cure cancer and other serious disorders. I have never seen anyone else cover it as well as Dr. Richard Schulze. I know you want complicated herbal formulas, but this comes first. Pay attention.

One of the most important things Dr. Schulze told me was that incurable patients had to have one gallon of juices and fluids a day, and sometimes up to two gallons. He said, "I never saw anyone hurt their kidneys from drinking too much liquid. All I found was my patients dying from not drinking enough liquids, and from not using enough herbs."

He told me that the patients with kidney disorders and kidney disease got better on lots of juices. A lot of times, the person had a low-grade kidney infection, and juices cleared that out. By consuming as much liquid as possible, you make it easier for your kidneys to filter your blood. If you get dehydrated, your blood gets thick and your kidneys are trying to filter sludge. Drink enough liquids. Don't let that happen.

"When you don't feel well, stop eating and go to juices."

SCHULZE: The first thing an animal does when it is sick is stop eating. They fast themselves.

Likewise, the first thing we need to do when we don't feel well is: stop food.

There are a lot of reasons for that. Food takes a tremendous amount of energy to digest — and that's blood and energy. Our digestive system,

basically the muscles and the tissues, fill with blood. When you stop eating, your digestive system rests, and all that blood and energy can be put somewhere else to heal you.

People have said to me, "What do I do for this particular disease?" juice fasting. "What do I do for degeneration?" Juice fasting. "What do I do for heart disease?" Juice fasting.

Juice fasting is for the incurables. Juice fasting is the answer, because it allows your body to rest — and it lets your body choose what it wants to heal.

If you just keep cramming food down your mouth, you'll just get more tired. Your body has to digest large amounts of food, and it's the opposite of what you should do when you're not well.

"One of my first patients had lost a tremendous amount of blood from surgery — and doctors wanted to do a transfusion. In 24 hours on juices, I brought her blood levels back up."

BISER: *What does juice fasting do ?*

SCHULZE: Food has nutrition in it, but it takes a lot to break those nutritions down. Juices are like a blood transfusion.

A glass of fruit and vegetable juice takes very little digestion, if any. It goes right into your body. We look at juices in the same way a doctor would look at an I. V. It's something that can go right into your bloodstream.

One of my first learning experiences was a woman patient who was undergoing a surgery, a female surgery. The doctors nicked an artery, and she had tremendous hemorrhaging and bleeding. By the time they got her patched up, she was in intensive care, and had lost a tremendous amount of blood

The doctors wanted to do a transfusion. She was scared to do a transfusion and the doctor said, "You're very anemic and your hemoglobin count is at the lowest end for a woman."

She said, "Is there anything you can do?" And I said, "Sure," and I got the juicer out and juiced some juices. I made some carrot juice and some beet juice. I took it to the hospital and said, "Just let the doctors give you 24 hours." They did, and, in 24 hours on juices, they said that her hemoglobin count was over the top end of the scale for a man, not even a woman, and men's hemoglobin counts are higher. This was my first realization of the power of what juices can do to build the blood up.

BISER: *Wait a minute, you gave her juices. How did she get juices when she went into the hospital for 24 hours?*

SCHULZE: Oh, I went to the hospital too. I juiced the juices, put them in quart canning jars. Fresh beet juice, fresh beet greens, fresh carrot juice. I took it right to her hospital room and she drank it.

That's all she had for 24 hours and not only did her blood hemoglobin go up, but it went over the top of the scale for a man. The doctors said they were shocked, they had never seen anything like that.

I never had a patient have to have a transfusion if we kept the juicer going, and in many cases, we got the juicers right in the hospital, and plugged them in. Other times, we brought the fresh juice to the hospital twice a day.

Man cures his colon cancer by juice-fasting.

The cancer came out in the toilet.

SCHULZE: I had a man who had a colon cancer and he basically refused to do anything, but he said he would stop eating and go on juices. This was early on in my practice, too. These were learning experiences.

He started on a multitude of fruit and vegetable juices and, I remember it was about a month later into his long juice fast, he pooped his cancer right out. It was 18" long.

It looked like a rope with figs attached to it. I had seen things like that before in pictures and books — but that was the first time I ever saw one come out.

BISER: *A rope?*

SCHULZE: Yeah, it was like a rope with sacs on it, they were about the size of figs. And, he actually eliminated his cancer just through juice fasting. He wasn't using any herbs or doing anything else, something I wouldn't recommend.

Juice fasting, through my experience and his, is more powerful than just water fasting. Juices not only fill you with nutrition — but they empty you out. If you have any doubt about that, go home and drink a quart of prune juice and you tell me what happens. Juices are flushing and cleansing to organs of the body.

Juices are enzyme therapy.

SCHULZE: Juices contain gigantic amounts of enzymes. And a lot of people nowadays are taking enzymes because of the benefits, but you don't have to, they're in the juices.

Enzymes are heat sensitive, meaning that when you cook food, you destroy all the enzymes. Now, when you eat that food or juice, it's okay.

Your body will produce enzymes in order for you to digest that food. But when your body does that — it can't do something else. It only has a limited amount of energy.

So, one of the things that juices do, because they are loaded with enzymes, is they give your body a vacation.

Most of us live enzyme-free diets. If all we eat is cooked food, there are no enzymes in it. By supplying your body with high doses of enzymes, it gives many of your organs like your pancreas, your liver, your digestive system a holiday, because they don't have to try to manufacture chemicals that are coming in through your juices.

BISER: *So it's an enzyme holiday! Does the large amount of sugar in juices hurt diabetics?*

SCHULZE: No, it doesn't. I don't profess to be a master scientist, and I don't know why this is, but first, I don't notice people's blood sugar going up on juice fasting.

I've had a lot of scientists say that this is because the juices contain such a high amount of enzymes. These enzymes let the pancreas work better and the pancreas is then able to control the blood sugar.

Second, if someone's very concerned about this issue, they can go ahead and dilute their juices to start. But we're talking live juices here, not canned. That's the big difference. When you have a canned or bottled juice, all the enzymes are gone and all you're left with is sugar water.

"Thinning the blood is one the most important things you can do when you are sick, and juices do that."

SCHULZE: Yes, an enzyme holiday. And it also thins your blood. This is a major key.

Most of us who are ill are trying to do something to get blood to the area that is sick.

But our body is trying to pump around mud — and it can't get there. Thinning our blood is one the greatest keys to getting healthy. It increases our circulation because the blood becomes more like water than molasses. The bottom line is, juice fasting thins your blood. That allows your circulation to get deeper in your body into the vital areas, into the capillaries that were filled with fat and all clogged-up.

Juice-fasting allows your body to balance its hormones and replace chemicals it is deficient in."

SCHULZE: Many people are sick because they don't produce enough Insulin in their body. Or, they don't produce enough thyroxin from their thyroid. Or, they don't produce enough interferon or immunoglobulin for the immune system to be strong. They don't produce enough estrogen or progesterone or testosterone.

Those chemicals are all built from nutrition. One of the things that juice fasting does is, it supplies your body with a tremendous amount of nutrition. So it balances your metabolism, balances your hormones, balances your endocrine system, your thyroid, your pancreas, and your reproductive organs.

It does one other important thing: It allows you to get more work done.

Juice fasting clears the mind.

BISER: *How can you get more work done when you're hungry, because you are not eating solid foods?*

SCHULZE: Let me tell you, it's just the opposite of what you think. If you want a gigantic change, stop eating for a couple days. It will feel like the fog is cleared.

You will be amazed at your sense of smell, your sense of taste, your eyesight, your perception, your thoughts. All through history, from the Greek and Roman writings, to the Egyptians, from Jesus to Shakespeare, people talked about fasting for better mental clarity.

One thing I can guarantee you is that if you have a confusing problem, or a stressful issue that you don't know the answer to, stop eating. It enhances mental clarity. We are drunk on food. Overeating makes you dull. Your blood, instead of going to your brain, is going to your digestive tract.

You read it in the Bible, Jesus going to the woods for his fasting. Everybody, throughout history, would go out of the city and go onto juices and water, and fast. Fasting clears the mind, and so it is a physical and emotional cleanse, and maybe even a spiritual cleanse when you stop your food from coming in.

"Everybody should do this periodically. I guarantee everybody who is reading this, if they just do a fast, for a couple of days, they will be amazed."

BISER: *When you worked in Hollywood, you had all those people in the movie industry, did you give them the same advice?.*

SCHULZE: Yes, in fact many people came to me and they were worried about the first week, or a difficult part of the movie that they were having a problem with, or that they were worried about, "Can I do this?", or, "Is it going to go okay?", and I would suggest the five-day program.

The five day program is 2 days of light eating of fruits and salads only, with 2 days of juice fasting in the middle, and one day of fruits and salads at the end.

They would say to me, "Oh, God, I can't do that, that would even be more stress."

And I would say, "Yes you can. It will be less stress when your body is using all its blood and energy to help you do what you need to do, and figure it out, and not be loaded down with food."

And those that would do it came back to me and said, "Oh my God, thank you "I had one woman who hadn't worked in a couple of years, a quite famous actress

She had to go out for four interviews during the week and these were the first interviews she had been to, in a long time. She said, "What should I do" and I said "Fast." She said, "That sounds horrible. I need all my strength and energy." I said "Believe me, fast."

She fasted and got all four parts that she went out for. I've always seen it happen with my clients.

I remember as a kid, I used to eat a big meal, thinking it was going to make me feel stronger. I felt more tired. So, I'd eat more and I felt more tired. And I eat more and then I felt more tired.

I've done many fasts — short fasts. I've done two thirty day fasts and one sixty day juice fast. We can go months without food — as long as we're getting our nutrients.

BISER: *But did your body get run down -without it?*

SCHULZE: Oh no, in fact, in the last couple days of my thirty-day juice fast, I kick boxed 17 rounds and I was better than ever before. No one could come near me and touch me. I had better vision, I had better reflexes, I had better timing. And I had endless amounts of strength This is something we have to get away from — the idea that fasting weakens you. It's not true.

"When you fast, there are some things you need to be aware of."

SCHULZE: Sometimes when you fast, you have a little less body heat. So take a sweater with you when you go out. Every once in awhile, you may feel a little colder and it's because it is calories from heat units in food that warms up our body.

So, since you are reducing your food and you're on juices only, dress a little warmer and have a little blanket in the car or a sweater with you. That's one thing I tell people.

The other thing is, you have energy lows. And what that is, when you're fasting, is all of sudden, you might feel, especially if you're doing a longer fast, like a week or more, you might feel like, oh my gosh, I have no energy at all.

Don't pay any attention to that — because it will be gone in ten minutes. This is very common as your body is used to a solid fuel and now it's on a liquid fuel. And just like a machine, if you change its fuel, it adjusts a little bit. We have to make adjustments and once we make those adjustments, it's fine. So don't pay any attention to that.

A couple other things I'll throw in here. One thing I always tell people is, you get hunger pains when you're fasting.

Most of the time they're not real. All of a sudden, you have a dream or a vision of a baked potato covered with sour cream and chives. If that's real, you'll still have the urge in three or four hours. So, one of the ways to get by that, is just to ignore it and it will go away.

Most people think a fast means deprivation. I see it differently. A fast is a flush — a flush with liquids. Okay? You are only going without solid food — but you are getting liquid food that does you more good.

"A fast is a flush and people need to consume a gallon a day of liquids: juices, water, herb tea. Most people make a mistake by not consuming enough— and if you're hungry drink more."

BISER: *What juice do you use when you want to detoxify heavily?*

SCHULZE: Wheat grass is great. It can detoxify when some people don't get a detoxification any more from anything. Or, when they've used a few herbs and they think they are clean.

I remember my own story. I thought I was very clean. It was after I spent six months at Dr. Jensen's eating only raw food and juice fasting and years after I had healed my heart.

I started drinking wheat grass, an ounce a day, then two ounces a day, then three ounces a day, and then four ounces a day, and I got up to eight ounces one morning and I remember feeling horrible — and I started vomiting. It was just too strong of a dose, but at that point, wheat grass started creating all sorts of cleansing in my body — of old things I remembered I had. It finally cleaned them out and brought them to the surface.

BISER: *What do you mean "old things"?*

SCHULZE: Well, when I started cleaning out my bowel years earlier, my hemorrhoids went away and I hadn't noticed any hemorrhoids for years.

SCHULZE: Then — in the middle of this wheat grass purge, the hemorrhoids flared up again, and it wasn't because I was having diarrhea or straining or anything. I think it was because there were small capillaries there that were still blocked, and that wheat grass was cleaning them out.

I started noticing things with my bronchials and my sinuses, and all sorts of problems that I had cleared away. But now they were kind of coming back again.

When you do a really good final cleansing and healing, a lot of your oldest problems come back, but just for a few days — as you clear them o

So I noticed some tremendous differences in my skin, and to this day I still drink wheat grass. People always come up to me and say, "Your skin looks so great." I get this comment all the time, so I know that it's really done some good work inside me.

How to make wheatgrass juice to detoxify yourself.

BISER: *What does a reader have to know to get going on this? It sounds powerful.*

SCHULZE: They might have to grow their own wheat grass, and actually purchase a wheat grass juicer, or something they can juice with. If they have a wheat grass juicer, just soak the wheat grass in water and blend it in your blender and drink it, grass and all.

Anybody can grow wheat. You grow wheat and it just grows into grass. You can grow it yourself. It's very easy to grow yourself. You just buy wheat and you take organic wheat kernels, and you soak them for a few days until they actually sprout.

You can soak them for about 24 hours and then put them into a damp cotton cloth for another two or three days, until the wheat sprouts, and then you can just make them like other sprouts. Rinse them in water two or three times a day until they have tails on them about an inch long, and then you can go ahead and plant them right in the soil.

Some people plant them right away and then just keep the soil damp the first couple of days, and you grow your own wheat grass. Now you have what looks like your front lawn in a tray in your house.

What do you do with it? Well, you can run it through your juicer. A lot of people think you have to have a wheat grass juicer. A wheat grass juicer just gets more juice out of the wheat grass. There are hand-operated ones and there are electric ones. The hand-operated wheat grass juicers are about \$70-80, and the electric ones are usually \$300, but you could run the wheat grass right through your Champion juicer.

[Editor: As I mentioned earlier, you can order a Champion juicer by calling (800) 882-0157. They also have juicers from other companies.]

You can just cut it up and even soak it with water and put it in a blender. I've had many patients in areas just take the wheat grass, cut it up and put it in a blender, fill that blender with water and blend it up and you'll get greenish water.

Or, you can run it through your juicer with other things like carrots, and it gets caught up in your juicer.

So wheat grass is something that everybody should consider as a medicinal cleansing and building juice, very bitter tasting. Start out with a little bit. I suggest people start out with an ounce a day and don't take it on its own. I like an ounce of wheat grass with 16 ounces of fresh carrot juice. It just gives the carrot juice a little greenish tint and it's very palatable.

I here is also what I consider the wheat grass cocktail, which is a base of apple juice with, say, about 12 ounces of apple juice, a couple of ounces of lemon juice, a thumb size piece of ginger and an ounce of wheat grass.

One thing that is very interesting, is that lemon and lime tend to cover up the taste of wheat grass, which is good because a lot of people find it very strong to eat or drink, and lemon especially seems to cover up the taste.

Dr. Schulze's detoxification cocktail for tough cases, especially cancer.

SCHULZE: I also have a recipe for a detoxification cocktail that I used a lot in my clinic which was: 10 ounces of carrot juice, 3 ounces of beet root and beet greens, 2 ounces of a combination of broccoli, brussel sprouts, cabbage and cauliflower and you can even add kale to that, one ounce of wheat grass and 2-4 cloves of garlic.

It tastes a lot better than you think it would, especially with that base of carrot juice. That was my detoxification cocktail for everybody to have at least one, 16 ounce a day, if not 16 ounces three times a day, whatever they could tolerate.

The watermelon flush for the kidneys. If you need it, you will be urinating fire.

BISER: *What do you do with juices for the kidneys?* **SCHULZE:** I use two different things, one a vegetable, parsley, and the other, a fruit, watermelon. I tell my patients to sit down for dinner and instead of dinner, crack open and eat a whole watermelon.

BISER: *Is this one of those wellness things or does it really cure?*

SCHULZE: Oh, my gosh. I was down at Dr. Jensens and they had some organic watermelon and I said "Okay, I'm just going to have watermelon tonight." I cracked open one, about the size of a basketball, and I ate that really quick, and I thought I want another one, so I ate one of those redmeated ones, and I basically went to bed.

The next morning, I woke up, and when I urinated it was like urinating fire. It burnt my prostate, my penis — it was so painful I was moaning in the bathroom.

Watermelon juice, watermelon itself and watermelon seeds are all diuretic and disinfecting. When you're juicing the watermelon, a lot of people just juice the meat, but you want to juice the rind too.

The rind has the minerals. You run it through the Champion juicer. You run the watermelon and the rind right through there, and it is delicious. You can taste the salt, the sodium, in the rind, and the minerals in the rind very cleansing to the kidneys.

BISER: *Why do people eat watermelon and not get any kidney cleansing, or kidney cures?*

SCHULZE: I think because they don't juice the rind, and I think that a lot of the watermelons today are seedless. And I would suggest that people do not buy the seedless. Juice the watermelon, seeds and all.

" Make parsley juice — not parsley tea. It's a whole lot more healing."

BISER: *I thought parsley was just one of these feel good, wellness herbs. Not for heavy curing.*

SCHULZE: No, it's an intense one. The problem is that people only make tea out of it. When you just pour boiling water over dried parsley you are going to get a little bit of the essential oils.

Now, if you use fresh parsley and grind it in a Champion juicer, it's a lot more intense.

It's like the herb plantain. Dr. Christopher talks about plantain for blood poisoning. You can make a little plantain tea, or mash up a plantain leaf. Or, you can take plantain and run it right through the juicer. If you've got blood poisoning, who the heck wants to worry about making plantain teas with a little boiling water over it?

Get it through the juicer and get yourself two or three ounces of plantain juice. I've done that.

Juice radishes to cleanse the liver.

SCHULZE: If you want to add a juice in to stimulate the liver more, all the radishes work real well.

Some people talk about the black radishes, or other kinds, but you can use the red radishes and even use wild radishes you have growing wild in the United States. Remember, where you have mustard growing, you also have wild radish growing.

You can even pick the pods off, or use the radish leaves or sprouts, but radishes of all types stimulate the liver and clean it out. As far as bad digestion, I've seen a lot of people helped in their digestion with celery and cabbage juices.

BISER: *You mean cabbage juice doesn't cause gas?*

SCHULZE: No. Cabbage is a great cleanser and healer to the digestive tract. I've seen a lot of people with ulcers and digestive problems have great results drinking cabbage and celery juice.

Cabbage juice is excellent and I've had patients drink about 8 ounces of cabbage juice a day in one ounce doses. It can be mixed with other juices too. The celery juice works really nice to cool the system, especially with ulcerative conditions.

It's important with vegetables, but especially fruit, if you're not getting organic, you need to wash it. Use a little bit of soap and water, a good natural soap and even a scrub brush, because most of the sprays and things are put right on the fruit themselves. [Editor: For juice-fasting, you can obtain organic vegetables by mail from: Walnut Acres, Penns Creek, PA (800) 433-3998]

Leukemia: A man regenerates his bone marrow with months of juice-fasting.

SCHULZE: I had a man with leukemia. He had fairly severe leukemia. He had undergone a couple different treatments and a couple shots of chemotherapy. He felt so horrible, he said that dying would be better than this experience on the chemotherapy.

He quit the chemotherapy, and came to me right away. He wanted to do something quite radical and I turned him onto juice fasting. He really got into it.

The first month he didn't get any better. In fact, some of his blood count were even worse. Then, he ate a little bit of raw foods, took a break for about a week. Then he went back onto a juice fast and the second month he was stabilizing and some of his blood counts were coming up. Then he went back on some raw foods and health building.

Then we went into a third month of juice fasting — and that's when we really saw the big changes.

His blood chemistry changed dramatically. He didn't start really showing the cancer changing greatly until the end of the second month and into the third month, but, by the fourth to fifth month he was clean.

BISER: *Why do you think in the first month his blood counts got worse in spite of....*

SCHULZE: Well, I think because he was so sick. He had spent 40 years — he was about 55 years old — but he spent about 40 of those years basically trying to kill himself...

BISER: *What do you mean, trying to kill himself?*

SCHULZE: Well, you know with his food program, no exercise, high cholesterol, family history...

BISER: *You mean the numbers had a downward trend and you couldn't stop them, right?*

SCHULZE: Yes, and a lot of people expect that, the minute they take three herb capsules and stop eating for a day, their disease is going to start to go away.

BISER: *What juices did you use to build his blood?*

SCHULZE: When people are thinking about building that blood, I like beets and beet greens. So go to your organic market, but make sure you get your greens. In some studies, I've seen the beets and beet greens analyzed. They have three times the iron in the beet greens than in a beet root, and sometimes, I've seen it the other way around. But greens are loaded with different minerals than the beets have. Together, they are a perfect food. The beet and the beet greens, added to the carrot juice, is the one that I use with patients that have had either a lot of blood loss due to surgical trauma, or from cancer, where the body won't build blood any more. When you start getting that beet and beet greens in, along with the carrot juice, you see a big change. Now if you want to build the blood, the extra juices to remember, the fruit ones, are the dark blue, red and purple — that would be raspberries, blackberries and blueberries or prunes, plums and cherries — these are all the super blood builders. They are loaded with iron, and you start getting a blue purple juice, and you start drinking that, and now you have the fruit blood builders.

Getting children to drink healthy juices.

BISER: *How do you get kids to get on juices for their health?*

SCHULZE: The way I got the kids started was making apple juice in the juicer — and just throwing one carrot through.

You start out with about 90 percent apple and 10 percent carrots and the kids will eventually start drinking that like it's perfect. When they really get used to it, then go up to 20 percent of carrot and 80 percent apple and just work that ratio till you get it about 50-50.

A lot of people might say that is a vegetable and a fruit combination, but every juice specialist seems to agree that the one food combining exception with fruits and vegetables is carrot with apple.

Juices help thin people gain weight.

BISER: *Wouldn't a juice fast be bad for people who are underweight?*

SCHULZE: No — it's how I brought people's weight back, even when they had AIDS. I had a man come to see me that had a complete turn around and he had T-cell count which would fluctuate between five and twenty-five, depending on when they took it. That's about as low as it gets.

He had loads of opportunistic AIDS infections. We started him on juice fasting right away. This is one I want to talk about — because he was quite thin and a lot of people think "I can't juice fast or I'll lose weight." I've had people gain weight on juice fasting and this man was one of them.

He started juice fasting and started gaining weight and people asked, "How is that?" It's very simple. A lot of food that people eat, they can't assimilate. When you are sick, your digestion, your assimilation and elimination doesn't work very well. But, you start putting juices in your body, and you'll see the weight come back. This is why I call juices "the natural healers I.V." — it's like a hospital I.V. naturally. Within a couple of weeks, from juices and the other programs I used, the man's T-cell count was over a thousand.

BISER: *How much weight did he gain?*

SCHULZE: I think he gained about 15 pounds in the first couple months, and he was mainly on a liquid diet.

BISER: *You would think he'd lose twenty-five pounds.*

SCHULZE: Absolutely. But now he was getting nutrition that he couldn't get, so I think the main thing I've really come to see is that juice fasting builds blood, and I believe personally that it turns on the bone marrow.

Fresh citrus juices with their rind are great liver cleansers.

SCHULZE: The bitter oils in citrus are big time liver cleansers. They disinfect and create more bile flow. And you have to get in the rind, which contains pectin. Run that rind through your juicer or your Vita-Mix.

I look at citrus more as kidney and liver cleaning. It's also very effective for cleaning the blood and joints, like with arthritis.

Removing parasites with fruits.

SCHULZE: I remember my first bowel cleanse, because I didn't know about herbs yet. I drank two quarts of apples, fresh squeezed apple juice, and a quart of fresh made prune juice.

Not only did I have parasites, but I had casing from my colon. I also had all sorts of dark flecks of things of old come out of my bowel. That was my first bowel cleanse.

BISER: *Just from fruit?*

SCHULZE: Just from fruit.

BISER: *But you took more of it. Most people don't take enough cause parasites or anything else to come out.*

SCHULZE: No, they don't. Take two quarts of apple and a quart of prune as your juice for the day on a juice fast and you will notice a dramatic bowel cleans

You can also make fig water by just taking figs and putting them in a blender with water. The problem is that a lot of people eat dried prunes and dried figs. They are constipating.

On a juice fast you should only have the juices that come out of the juicer. You should have no pulp at all. The pulp that's in most fruit is fiber that's not digestible. All it does in a juice fast is it might cause your digestive tract to work a little bit more.

BISER: *Okay, so a juicer would be slightly preferable.*

SCHULZE: Yes, it would. If you're doing your fast to really shut down your digestive tract and to really put all your body's energy into healing something, yes — avoid the pulp. However, if you are using a juice fast to clean your bowel out, you're better off with the pulp, because it activates the digestive system, and, of course, this will give you bowel movements

The number one mistake people make on a juice fast.

BISER: *Why do so many people fail to get results on juice-fasting?*

SCHULZE: It's because they don't cleanse their colon before they do it. Every day, have that bowel flushed out, and a person might want to use herbs for a couple of days and then do it with enemas; see the difference; see what happens and experiment that way. High enemas are also something to do during a juice fast, to get all the pulp and solid bits out of our system and they work very nice too. But, the main thing is, during a fast you need to have your bowels work every day. They don't have to work necessarily three times a day.

With some people they're bowels will work seven times a day, depending on the person, but those who have a tendency towards slower, sluggish, sleepy bowels, they can go on a fast for a week and not have a bowel movement at all, so they don't want to do that.

Use powdered super foods during a fast.

SCHULZE: Fasting can be even more powerful when people maximize their nutrition. Super nutrition can cause the body to detoxify more by flushing your body with vitamins and minerals, and it can also build your blood faster.

So, I always suggest people add super foods to their juice fast. Some of the best ones are spirulina and chlorella.

If someone can't get fresh wheat grass, you can use wheat grass powder, barley grass powder and alfalfa grass powder or alfalfa herb. They're detoxifying, and they have vitamins and minerals. I usually, once a day during a fast, tell people to add some of these particular foods to their fruit smoothie.

Sea weeds are also good. You can get sea weed powders in the health food stores like Dulse or Kelp. I have many patients that have fasted using the nutritional yeast too. I've really seen the results when people have done a juice fast on just juices and a juice fast using super food powders.

BISER: *You mean they feel a lot better.*

SCHULZE: Well, they have a lot more energy when they do it on super foods — and it can also cause the body to purge and eliminate more. It builds the blood faster. When I started putting things like this in people's juices, I noticed a big difference. So that's why I'm a big fan of it. [Editor: For a pre-mixed

superfood mixture, you can contact: The American Botanical Pharmacy, P.O. Box 3027, Santa Monica, CA 90408. phone: Call 800-HerbDoc.

Add herbs to your juices.

SCHULZE: I am a big fan of always putting something herbal into your juices. So, if you're making your general juice, and you're having digestive problems, add some ginger. Ginger tastes good with any fruit or vegetable juice. If someone's trying to fight off an infection, every time you run the juicer throw a clove of garlic through it.

If you really want to blast your circulation, put just a small chilli pepper through the juicer. I'm talking about a little piece of chilli pepper. You can also put mint through. If you have a sinus thing, run a little fresh horseradish root through there.

If you want, top it off with an herbal tonic, or throw a little ginkgo tincture in. Juice can be a medicinal recipe. And don't forget, sometimes juices by themselves can be too strong, and you may have to dilute them a bit.

Hart patients need juice-fasting.

BISER: *Some people say a heart patient should never do a fast. It would be a strain on the system.*

SHULZE: That's the first thing a heart patient should do — a juice-fast. The first thing is stop eating, because 99 percent of the time the heart patients blood cells are like mud and their coronary arteries are congested.

When the circulation is that bad, even becoming a vegetarian won't unclog the blood. You have to do a juice fast to thin the blood back to a healthy state.

BISER: *What does it feel like when the blood is thick?*

87 **SCHULZE:** When you feel very sluggish, you feel — full, bloated, not only in your digestion, but you run two blocks and you're sweating and you just feel full of fat.

You feel it. You feel like blood doesn't even want to pump around your body. You are breathing heavy. Then you stop eating — and it's just the greatest cure for anything, just stop eating. Stop eating food and get the juicer going.

How I helped my heart disease with long fasts.

BISER: *I know from your beginnings that you weren't always such a believer in juice fasts?*

SCHULZE: Oh no. I took lots of vitamins and mineral pills. I didn't realize that when you thin your blood, you improve your circulation to every capillary in your body.

So, I did my first fast and didn't expect much. But when I finished, I felt so much better, I said, "Wow, this is something that is much more powerful than anyone ever told me."

I remember, I did a fast for about a week. Then one for about ten days. Then I thought, okay, "I'm going to do a thirty-day fast and see what happens."

That was probably the biggest change that I had in my health, and this was early on, when I was living in New York, and I did that thirty-day fast. I think that after the first couple days, I never felt a heart palpitation from that point on. I never felt my heart dysfunctioning. It was like the missing link in my health program that I hadn't seen.

Then, about a year later, I did a two-month fast. That one was really life transforming to me. I have barely had a down day since then.

What I suggest to most of my patients is, two or three days fast in the middle of five days or raw foods, once a season. That's what my five day program is.

"But to anybody who came to me dying — when you are dealing with someone who has life threatening situation, STOP all food."

SHULZE: Many of my patients walked in the door and they had done just about every program under the sun, and sometimes even all at once or almost at once, but they hadn't really fasted.

Many people are afraid to fast. They are afraid of the one treatment that can cure them. We have this old American idea, that we need to have that bacon and eggs breakfast to get us going, and, of course, that's one of the things that gets us dead. I always called that the heart attack plate.

BISER: I thought before I met you that juices were mainly a feel good, wellness thing, but not powerful enough for serious diseases. **SCHULZE:** Many people feel that way. I myself thought that way — until I started investigating the classic old healers.

BISER: *So this is the therapy that people never do?* **SHULZE:** That's right. Everybody in America, we have this conveyor belt that's going from the health food store or the herb shop into our mouth, and we think, "Well, it's chromium and kola nut." Or it's goldenseal. Or it's garlic. Or it's cayenne. Or it's a colonic. We're all looking for something more, but very few people actually stop eating. The old herbalists didn't have the juicers. Juicers weren't a common household item back then. But nowadays — everybody should have a juicer. Food is the foundation of healing.

But doctors are unbelievable. According to them, drugs are the foundation of healing. And according to the healthfood people, vitamin tablets are. They're all wrong. Food is.

Chapter Four

Electrically "ground" the human body.

Electrically "ground" the human body

Both Dr. Christopher and Dr. Schulze believe that you have to "ground" your body electrically by having periodic contact with the planet. They did this by having patients take their shoes and socks off and walk on the grass. You may think this is trivial or nonsensical, but these two great healers didn't think so.

SCHULZE: I've done that with lots of people and have seen great healings. It's the absolute cure for insomnia. Quality sleep is what sick people need.

I have people with chronic insomnia and I have them meet me down at the beach for their session. I have them come in their swim suit, whatever time of year it is. I take them out to the ocean and throw their butt in the waves.

I roll them in the sand until they look like a sugar donut. I dump seaweed on them. I make them run up and down the beach, and go in the waves again. They're getting the sun, the fire, the air energy, the water energy, the earth energy. It's what they call the four elements. They're getting it all.

These people always call me and say, "I almost passed out on the way home." They never have a problem sleeping.

Dr. Christopher said the body has to be grounded, and it doesn't get grounded through sneakers, and it doesn't get grounded until you take your shoes off and you touch the planet. We have electrical energy going in our body. Our heart beating is electrical energy. Our brain impulses are electrical energy. We need to ground that electricity.

So to get rid of this excess electrical energy that we generate, you have to touch the planet. I have seen people grow plants on the 30th floor in New York, and those plants don't grow. Then, they ran

a copper wire down 30 stories and put it into the ground. It was unbelievable what happened to those plants.

How a woman with uterine cancer helped cure herself by getting back in touch with the earth elements.

BISER: *Have you ever had an incurable case helped by getting them to walk on the ground barefoot, or is that a technique for insomnia?*

SCHULZE: No, it's part of the whole incurables program. I had people with cancer that it helped, because they were so stressed out. Anybody that's stressed out needs to get back in touch with the simple things in life. All the old nature cure clinics used 5 minutes of sun bathing and 5 minutes of air bathing and then hot and cold water. Getting your clothes off is a big part of this.

I've had people who were stuck and weren't getting rid of their cancer — and then this turned them around. I had a woman with uterine cancer. I remember that the big thing that started her whole cleansing process was just getting in the ocean, or getting in some water outside, and taking some walks at the beach, letting go of that stress. The power of the sun and air is incredible. But we don't use it.

"I take people down in the wintertime with colds and flus and throw them right in the ocean. And they get cured."

BISER: *Don't the people say you are going to kill them?*

SCHULZE: But it doesn't kill them, it cures them.

I had a lot of people who had flu for three months, and they think they are going to die. They have used every antibiotic and I would say, "Come on down to the ocean; let's take a little walk on the beach. "Now we are talking January, and the water temperature is 55 degrees.

BISER: *They think they are going for a walk?*

SCHULZE: They tell me, "I'm so sick, I shouldn't even be out here. " And I go, "How about this?," and I throw their ass with all their clothes on right into the ocean.

Oh, they gasp for air, you know, but they are not drowning, they are in two feet of water. They say, "I can't believe you did this. I'm going to die." You know what? They just get better.

And one reason I do this is to show them that 98% of their body is working fine. People who are sick focus on their sickness and not on the thousands of functions that go on every hour that *are* working.

BISER: *Is it like shock therapy to go in the water when they are sick?*

SCHULZE: Absolutely. It's the cold sheet treatment. Now they are in their wet clothes, and they have got to walk a mile back to my office off the beach. I make sure we walk a long way. They are shivering, they are shaking, and they are getting the cold sheet treatment with salt water. There couldn't be a better therapy. They walk home in cold, wet clothes. They go home in their car after walking a mile in these wet clothes, and by the time they get home, they probably have a 103 degree fever. I have them get into a hot tub, drink some hot herb tea and it's brilliant.

I used to do that until I got famous for tossing people into the ocean. I mean, I tossed owners of banks into the ocean. You wouldn't believe it, but they loved it. I used to "torture" them.

But it really is effective therapy because it makes everybody sleep better. Why? Because you have finally released the static electricity. You've grounded out your body. Think about it. Every time they have walked outside they have been in rubber-soled shoes, they are in their house on a nylon carpet on the third floor. I know people that in a year's time haven't touched the earth.

You have to touch the planet every day. That's part of the incurables program. When people get that much static electricity, everybody's mad and yelling at each other. Everybody's pissed-off. They can't even think straight. But put them back in touch with the elements and that anger and that stress drain away back into the earth.

You know what's absolutely brilliant is to take a hot shower, get it really hot and then go out naked in the snow. I've done it a thousand times. Turn around a little bit, jump in the snow drift, and get in the house. The first time you do it, you think it will kill you, but it's the greatest hydrotherapy.

Chapter Five

**Using water to cure cancer: the power
of hydrotherapy**

Using water to cure cancer: the power of hydrotherapy.

This may be the most important chapter in this manual.

It is so important that I have just added new information in November 1998 to help produce more cures in the toughest cases.

Water therapy can produce cures that are not possible with herbs.

Cold water stimulates and hot water relaxes. Together, they are like a universal pump that makes blood flow. Circulation produces cures.

Herbs cannot cure if blood cannot circulate. I call this Biser's First Law of Natural Healing. Memorize it.

When I speak of water therapy, I am not talking about soothing baths to relax tired and tense healthy people. I am talking about water treatments so strong that cancer tumors can shrink by half in four hours.

If you avoid these water cures out of timidity, you are cheating yourself out of a cure. What you are about to learn here is NOT taught in more than one major herbal school. The herbal leaders are afraid of lawsuits, or as one of their wives said, "Do we have to mess up the kitchen with herbs?"

"Yes, Virginia, I'm afraid we might have to get some messy herbs on the countertop. Try to pull yourself together. And, I don't know how to break this terrible stinky secret to you, but we might actually have to get some sheets *dirty* (I know, an awful thought!), and heaven forbid, throw them out and buy clean, new ones. Now there, try to calm down, it's just the poisons from the cancers being removed."

Cowards should leave the building. I am now about to teach you how to cure like they did hundreds of years ago.

Do this Cold Sheet Treatment once weekly if you are doing the incurables program. Here is the procedure:

STEP ONE: First, you take a cold enema to clear loose fecal matter out of your colon before you begin the procedure. You can add herbs to the water, such as catnip or red raspberry. A cold enema causes the rectal area to contract, which helps you retain the fluid longer before you expel the tea and the fecal matter. After expelling it, proceed to Step Two.

STEP TWO: After expelling the herbal tea, the second step of the cold sheet treatment is an "injection" of a garlic mixture. You will need a rectal syringe from the drug store to do this; an enema tube will get clogged up. Put eight to ten large garlic cloves in a blender with 50 percent apple cider vinegar and 50 percent distilled water. Dr. Schulze says it's like Napalm in your rectum. Put it in with a rectal syringe — and you have to get it in all at once, because once you get it in, it will come right back out.

According to Richard Schulze, "It's powerful. It burns. That person lights up. They will run to the toilet, but it doesn't all come out. In about 2 minutes, the burning and the cramping go away. I think it's incredibly pounding. It seems to break any psychological armoring the person has.

The person knows immediately that this is something that they have never had before."

STEP THREE: Get in a hot bath, as hot as you can make it without hurting the flesh. The water is kept at its hottest for as long as the patient can stand it. Before you enter the tub, have your helper place in the water, an ounce or more of cayenne pepper, an ounce or more of ginger, and an ounce or more of dry mustard. Get good high-potency mustard. A lot of the

American mustard is quite weak. Coat your genitals with plenty of vaseline to protect them. Herbal oils will not do the job.

The cayenne, ginger and mustard you use in the cold sheet are not loose in the water, they are in a bag.

If you put them in loose, you'll plug up the drain and it's a real mess. So the best way to do it, if you don't have any cloth, just cut a square out of an old T-shirt, put a level handful, which is about an ounce, of cayenne pepper, an ounce of ginger root, and an ounce of mustard seed, preferably powdered, but any way that you have them. Put them into this piece of square cloth, tie it up with a piece of string, and just toss that in a very hot bath and then squeeze it, so you kind of activate it multiple times for about ten minutes before the person gets in the bath. The water will turn a yellowy orange, and it'll choke you. The fumes will choke you a little bit because of the volatile oils coming out of the cayenne. The hot herbs in the water will help build an artificial fever.

To further accelerate the fever process, drink hot, herbal tea while you are in the bath. According to Richard Schulze, "For adults, the best bitter diaphoretic (fever-producing) tea is yarrow. That's what Dr. Christopher suggested."

He told me, "I prefer ginger instead. Ginger is a tea that most people like the taste of. It really activates the digestive system; it makes you sweat, it's a diaphoretic, and it's common. Yarrow's great, but I'm always looking for what can I get out of, you know, Save-on or 7-11, or Alpha Beta, or Piggly Wiggly? I mean, yarrows great, but suppose it's winter time in Virginia? Well then, what can I get from the grocery store?"

And usually, you can always get ginger, even if they don't have fresh ginger in the produce department, just go to the spice section and buy a can of ginger. In fact, in the spice section, you can get the cayenne, you can get

the mustard, and you can get the ginger for the bath and you can get the ginger for the herbal tea.

You can get minced, dehydrated garlic cloves, if you have to. Now you've got the garlic there for the rectal injection; and so everything you need for the cold sheet treatment, you can get right in the grocery store.

Drink as many cups of tea as you can get down, but the minimum is six

If you get light-headed and feel like fainting, have your helper place a cold towel or washcloth on your forehead. Also, there are two herbal tinctures you must have on hand: cayenne tincture and lobelia tincture, Cayenne prevents people from fainting and lobelia stops full body spasms that sometimes occur.

Have your helper squirt cayenne pepper tincture in your mouth if you feel like fainting. It will bring you out of it.

When you get to the point where you know you can't stand it a minute more, your helper should push you for about 5 more minutes. By then, you may be in tears. Most people are. Once you're out of the tub, your helper should wrap you up in a sheet that has been soaked in ice water. This is a sheet that has sat in 20 pounds of ice. It isn't cool. It has to be ice-cold. You won't even notice it. You'll be on another planet. Then your helper should put you to bed and proceed to the next step.

STEP FOUR: You should be wrapped in a double bed-size, clean, white cotton sheet (no synthetics) that has been soaking in ice water. The sides of the sheet are pinned so you cannot throw it off. The sheet will draw out the poisons that have come to your skin's surface as a result of the hot bath.

A bed is prepared by putting a plastic or rubber sheet over the mattress, then a cotton, wool, linen, or silk sheet (any material that breathes — no

synthetics) is laid over that. You lie down while wrapped in the cold sheet, and another dry, non-synthetic sheet is put over you. Then you are covered with non-synthetic blankets.

STEP FIVE: Last, your feet are uncovered, the feet and ankles are oiled with olive oil, and the garlic paste that you made with vinegar is applied to the bottoms of your feet to help get rid of any infections in the system. Use 2-inch gauze or torn, white cotton strips as a bandage to hold the garlic paste on the sole of the foot. White, cotton or wool socks are placed over the bandaged feet.

The feet are re-covered with the cold, wet sheet. The bottom of this sheet is pinned, so you will be in a wet sack. Then the dry sheets and blankets are pulled over your feet for warmth.

If you have to pee, just pee right where you are, and don't take the cold sheet off. The pee won't hurt anything, and it's not worth rewrapping the person in cold sheets and re-applying the garlic paste.

You are left in the sheets overnight, and by morning, the sheets have turned multi-colored from all the poisons they have drawn out of the body. Dr. Christopher said that sometimes the sheets turn all shades of purple, yellow, black and green. These are toxins that have been in the person for years — sometimes the person's whole life.

In the morning, you are sponged off with warm cider vinegar and distilled water (half and half) to get the remaining toxins out of the pores. Then you are put into clean clothes and sent to bed.

You should only be given fruit and vegetable juices, herbal teas, and lots of distilled water to drink and fruit to eat for one to three days to provide a total cleansing.

What you must know: From the man who has given more cold sheet treatments than any other human being in the world.

Lets listen in to my conversation with Richard Schulze about the cold sheet treatment, hot and cold showers, and the unused healing powers of hydrotherapy.

BISER: *In the cold sheet treatment, what does the temperature get to?*

SCHULZE: It can vary. I've had people who didn't gain any fever at all; I've had people who had their temperature lowered, and I've had numerous people who had fevers of 102-103 degrees.

BISER: *But it never got out of control?*

SCHULZE: Oh never! I've never seen a fever get out of control in or out of the cold sheet treatment as long as the person is drinking enough liquids. If you dry up, it is like a radiator in a car running dry. But if you fast keep hydrated, there is no problem at all.

One patient with bone cancer had a continuous fever of 101-102 for two months at a time, and it was fairly debilitating.

BISER: *Did he have to be in bed from it?*

SCHULZE: No, he did things; he went out and golfed and things like that, but he felt he had no energy. It's how you feel when you have a fever, a bit delirious, a bit weak.

The cold sheet treatment can accelerate the speed of your white blood cells by up to 64 times.

BISER: *Why did he have it?*

SCHULZE: It's the body's way of responding to speed up the white blood cells, to stimulate the immunity and to make you eat the invaders, which can be infections or even cancer.

Most people don't realize it, but with the cold sheet treatment, we are using a principle of medicine called leuco-taxis. That is where the activity and motion of white blood cells increase in response to heat.

Here is how it works: For every degree of temperature, the speed at which your white blood cells travel is doubled. At a 104 degree fever, your white blood cells are moving 64 times faster than normal. They kill things faster, eat them faster, and travel faster.

So a fever of 103-104° means the white blood cells are going sixty-four times faster than normal. It just keeps doubling and doubling and doubling. Your normal temperature is supposed to be 98.6°F. We say 98.6°, but that was designed in the 1800s. And so it's going to be changed in the next couple of years to normal human temperature as a straight 98°.

So that means that 99 degrees would be 2 times faster than normal and 100 degrees would be 4 times faster than normal and 101 would be 8 times faster than normal and 102 would be 16 times faster and 103 degrees would be 32 times faster and 104 degrees would be 64 times faster. And so 105 degrees would be 128 times faster.

BISER: *How is this different from hyperthermia treatments, in which they put you in a machine and heat you up?*

SCHULZE: With the cold sheet treatment, the body is setting the temperature. That is different from some machine that doesn't know where it should be. What is great about the cold sheet treatment is that you are just aiding the body in doing what it wants to do anyway.

Using the cold sheet treatment for drug-resistant pneumonia.

BISER: *What is the most cold sheet treatments you have done on a really-ill person?*

SCHULZE: I would say twelve.

BISER: *And how bad were they?*

SCHULZE: They were dying of pneumonia. And so we just kept repeating the cold sheet treatment about every day.. .sometimes we left one day off in between, sometimes two and just kept repeating it. And then with other people I did probably a dozen for a period of six months, like a couple a months.

BISER: *How did you know they were dying from pneumonia?*

SCHULZE: They had lung problems all their lives. They were, I'm going to say, early 70's, and they had numerous bouts with pneumonia and finally, they had serious bouts of pneumonia that they couldn't get rid of. The doctors had already used all their drugs.

BISER: *So it was drug-resistant?*

SCHULZE: Absolutely.

BISER: *That means there were no more drugs to use?*

SCHULZE: That's right. Nobody could help. Of course, this is when numerous elderly people succumb and it's from pneumonia. It's a common cause of death in nursing homes.

BISER: *What happened, noticeably, when you did the 12 cold sheets with that person?*

SCHULZE: They got better each time. One or two just wasn't quite enough and this person was quite weak. So the first couple of treatments

we did were kind of modified, and then once they were a little bit stronger, we went ahead and did the regular cold sheet program.

BISER: *What came out of them?*

SCHULZE: A lot of stuff out of their lungs. I've seen scabs, like blood scabs, come out of the lungs. Tons of mucus. It usually looks green, bright green, dark green, brown to black. I've seen black, lots of tar and black strands come out of the lungs. And scabs and blood.

BISER: *What are those from?*

SCHULZE: Blood clots, usually from bleeding lung tissue. The lungs get so irritated, and so inflamed, that blood vessels actually break. And, of course, the mucus is just the infection and the immune war that is going on in the lungs. It's a good sign and you just want to keep it flowing. Keep it coming.

BISER: *Nobody would even know they could use the cold sheet treatment twelve different times.*

SCHULZE: No. A lot of people think that all these things are a one-time deal. So to many people I work with, I say, "We ought to do this." They go, "I've already done that." And I think to myself, "Where is it written that you can't do it twice, or three times or four times?"

Usually, like the first time through a routine, you have some fear and anxiety. You are holding back a little bit. You don't use quite enough, or you are afraid it's going to kill you.

A lot of times the first experience with a natural healing routine, whether it be lobelia or the cold sheet treatment, people don't relax and do it totally because there is fear there.

But once they have done it and they haven't died and they realize that they survived, then the second time they are relaxed a little more, and they

go into it totally. By the third or fourth time, they are getting the maximum benefit from the cold sheet routine, or from any other new healing procedure.

When doing this treatment, you must protect your genitals with vaseline.

BISER: *Any practical advice you want to give our readers on the cold sheet treatment?*

SCHULZE: Yes, don't just put a little vaseline on your genitals, put the whole darn jar on. This is one time you don't skimp. If you get that hot cayenne, ginger and mustard on your testicles, your penis, or your vagina, it will take the skin off. I've had it happen to me. Just take gobs of vaseline in your hand and coat your entire private parts. For example, your anus, make sure you get it above and below your anus and all the way through and under. For a woman, slop it all over the vagina.

BISER: *Anything else before we move on ?*

SCHULZE: Yes. I don't think people are aware that the cold sheet treatment is not only physically intense — it can also cause emotional transformations, as if the person was undergoing an emotional cleansing along with the physical.

I remember how one young woman, after I put her in the cold sheets, started screaming at the top of her lungs, "Stop, you're killing me." She remembered her mother beating her on the head when she was a child. She always had this scar on her head, but she didn't know what it was from. During the cold sheet treatment, she remembered her mother beating her on the head with a vacuum cleaner. When she went back to her home town, her mother told her how severely she had beaten her daughter.

The cold sheet treatment brings out buried emotional trauma. This one woman said it was the cold sheet treatment that was the turning point in her life. I've even seen women go into false labor as they repeated some traumatic experience with the birth of their children.

I've had people with nervous disorders, like epilepsy, not have the nervous disorders after the treatment. It's a life-changing treatment, yet other herbalists are terrified to have me teach it to students.

It's messy and dirty and time-consuming and, what they're really afraid of is that someone might die. But I've done this hundreds and hundreds of time, and I've only cured people.

Whatever the herbalists are afraid of, the opposite is true: To me, an adult or a child who does not do the cold sheet treatment has a much greater chance of dying.

Unless the patient is pushed toward the emotional "cracking" point, the cold sheet treatment is not as effective.

BISER: *How do you know how far to push the person by keeping them in the hot herbal water? Most people will feel like they are torturing sick or dying relatives!*

SCHULZE: I found out one thing that no-one ever learned: If you don't push the treatment to its limit, it's only half as effective. And when you are terminally-ill, half as effective might not be enough to keep someone here. Here is how I found this out:

When a person first gets in, they're cool. It's like, "Hey, there's no problem. This is nothing. I don't know what anybody's talking about." Five or ten minutes go by and they're going, "Whoa, this is getting warm. This is very hot." Maybe ten minutes later, and they're going, "I'd like to get out now please." But they're still staying cool.

But, at about 15 minutes, or sometimes after that, with the women you'll get tears almost immediately at that point. And they'll start crying and whining. Men will get pissed off. They are saying, "Get me the hell out of here." Inside, they are crying, but they can't verbalize that.

So what you have to do is whatever it takes to get the person to stay in the tub a little while longer. I often used a cold washcloth to slap the patient across the face to keep them awake, if that was necessary. I kept them awake and kept them listening to me. "Keep your ass in the tub."

What happens is that the person begins to "crack." And I never know what the cracking is going to be. I had one woman look up at me and say, "Joseph, you're drowning me." And I thought, "That's great, except I'm Dr. Schulze and my first name is Richard."

I've had patients have hallucinations of the past. I've had patients go into full body cramps and then you pull the lobelia out of the other pocket.

I found out this: If you stop just before the person freaks out, you're not going to get half as much out of the cold sheet treatment. But once they freak out, the first thing you'll see is that the heat of the tub and the tea they drank isn't as intense anymore. It's like they've gone over the peak. Within one or two minutes of that point, get them right out of the tub. Because the cracking will continue a little bit and taking them out sobers them up.

This never happened to me in the beginning. I wanted to be a nice guy and when people said they wanted to get out of the tub, I said okay. But one day I pushed someone that step too far, and they snapped. And I saw a healing that took place because this person went through a whole reliving of childhood trauma and came out of the tub not only physically purified, but emotionally and spiritually purified.

I've had people relive their birth experiences just like a rebirthing. Every human being has this point, because the tub is so damn hot, and with the cayenne, ginger and mustard that's now seeped into their pores, and then

when they realized they're not going to get out of the tub, they succumb to a higher power.

Something inside of them. Something from God. I don't know what it is, but they succumb to it. If you stop before then, you still get the physical cleansing, but you don't get the emotional and spiritual.

"The spiritual release from the cold sheet treatment is part of the healing. That's something I never saw in any books. It's not in Dr. Christopher's cold sheet treatment, but it's something I discovered by taking it to the max."

SCHULZE: Men have the same reactions and healings. The one that comes to mind is this man who had throat cancer. He tried to convince me that it was not good for him to stay in there any longer. Then he tried to seriously convince me. Then he started getting some cramping in his body because of the amount of tension that was building up inside of him.

Then, he started screaming at his wife. He called out his wife's name and he went nuts at her. He was punching at her. She wasn't even in the room, and wasn't even in the town.

But he was punching the faucet like it was her face, and went through this dramatic, "I hate my wife experience" in the tub. And that man had to do some healing with his family.

BISER: *This is all nice to hear. But did it affect the man's cancer?*

SCHULZE: Oh yes. It went down by almost half, just from the cold sheet treatment. Eventually, the man got totally cured by going on the whole Incurables program.

"I'm not just talking, 'Boo-hoo, boo-hoo.' I'm talking where the whole body was shuddering; they were squirting tears until there wasn't any tears left in their body."

BISER: *What do you do once the person breaks?*

SCHULZE: At that time, they don't need to be in there anymore. Get the cold sheet around them and get them to bed. The majority of the time, that experience will continue into the bed. I have had men and women cry for hours and hours and hours, until the tear ducts were dried up.

BISER: *And do you ever go through this more than once with a person?*

SCHULZE: Again, depending on the severity of the situation and the disease, the cold sheet treatment twice a week on the Incurables program is what I would consider normal. I have had people continue to have different stuff, and more catharsis, every treatment, during eight, ten, twelve cold sheet treatments. After a Mile, the cold sheet treatment loses its effect doing this.

At that point, you may consider doing some deeper psychotherapy. But this works for a long time. And then, if you break off for a while and you don't do it for a month or two, it still has its powerful effect — all over again.

One of the great fallacies Americans have is that they're going to obtain some position or point in their life where they are physically, emotionally and spiritually — clear, clean, enlightened, or whatever.

The reality is, I've never seen it. I've seen people enlightened with their food programs, but they were living with a person that they hated. I've seen a person enlightened in their romantic life, but they were shooting insulin. I've seen gurus in India that were supposedly enlightened, but they were eating food that was killing them and they died in their 50's. People think they

don't have any "stuff."; that they are *beyond* it. Well, those people, I have had the best of them fall apart in my bathtub.

BISER: *Did you ever have any releases like this yourself when you did the treatment?*

SCHULZE: Absolutely, (*laughter!*) I've had all types of releases. I had a tough life. And the way I survived my tough life wasn't by dealing with my emotional issues. It was by chewing 'em up and swallowing 'em and keeping 'em in my guts. And gutting through life.

I didn't have the time or the place, you know, when the lawyers said, "Get out of the house in 24 hours." And my Mom had just died and I had no parents and I was 14; I didn't have the time or the money to...

BISER: *To have feelings.*

SCHULZE: Yeah, to go get counseling and have feelings. I had to worry about what I was gonna eat the next morning and which garbage dumpster I could find that had the freshest food in it. But as an adult, I found that I had a lot of these things stored up inside of me. And so, a cold sheet treatment can be of great use to anybody who is working with someone on an emotional level.

Just by accident did I discover that this cold sheet treatment goes so deep. You just have to wait sometimes 30 seconds more. It's the whole difference, and it becomes an emotional purging. It was like hypnosis. I've had people lay on the table for four, five, six hours, in an altered state, talking to people that I didn't know who they were talking to.

Here's one final thing your readers need to know: Just don't stop. I don't care if its tears; I don't care what's going on. Let it happen. Now, be prepared to deal with it, okay? Because this person might actually need to be physically restrained at some point. They might be going to hurt themselves

or without realizing it, hurt you. But what I've learned is: it's not over 'til the person in the cold sheet treatment says it's over.

BISER: *Nobody knows this, Richard This can save lives of people who would die or suffer for years without it.*

SCHULZE: People think that doing this is cruel. They think, "Why would you do this to someone who is eaten up by cancer?" But these people need it the worst.

Anybody watching from the outside and not knowing what is going on would call 911. That has happened to me. But many of the people in my tub had already gone through Medicine, had the best of Medicine, and the final best of Medicine was to go home and die and get your papers in order.

One thing I've learned with these people is the few times I've wimped out, the patient ended-up coming back to me saying, "Why did you stop it? In other words, no matter how bad it looks, don't assume that the person going through it is having a bad time.

We might be standing back, going, "Oh, my God. I have an exorcism going on in here." Believe me, it can be like a great bowel movement. It feels good to the patients to get that stuff out.

And again, the cold sheet treatment isn't usually the first thing you do with a person. It might be after a series of visits or work with a person, where they know and trust you. But sometimes I have to do it right away. What if the person is supposed to die this weekend? I have taken patients on their first visit, within the first five minutes, and dumped them in the cold shower, and in some cases immediately started the cold sheet treatment.

"With the cold sheet treatment, it's like cracking open crystallization and congestion and mucus. It's like firing up a person's body. You're going to break through stuff that all the other practitioners couldn't break through."

BISER: *Because there was no time?*

SCHULZE: No time. I had many patients in the final hours, or what was supposed to be. And I would give them a two, three minute speech. And there was no time for sympathy; no time for explanations. They just had to trust me and let's get to work right now.

When you do the treatment right, you are going to cleanse things at a deeper level than any of the other practitioners were able to do. We are talking about taking it beyond anywhere that I've ever seen written about or heard from anybody. And that's why I was able to cure people that others failed on. I pushed farther. I was not afraid.

BISER: *So the problem isn't worrying about hurting the patient. The problem is the patient dying from NOT doing it*

SCHULZE: People have said to me, "You're going to kill that person."

Never seen it. Only seen them get better. What we're dying from in this country is our pathetic attempts at natural alternative healing. It is the *lack* of intensity in the treatments that is killing people.

The cold sheet treatment is like a 30-day fast in a half-hour.

BISER: *It's obvious from our conversations that you are very much into hydrotherapy. It's not just something you do as a side show.*

SCHULZE: Absolutely. I think it's the most powerful treatment I can do to patients — often more powerful than herbs themselves.

I have been to the best hydrotherapy spas in the world — to Luxemburg, to France, to Belgium, to Malvern in England, and to Hot Springs, Arkansas right here in the United States. Hydrotherapy has been an obsession of mine. I went to Hot Springs, and I was a bit fearful, because there were all elderly people on the porch and they were all hunched over and kind of drooling on the ground. I said, "Oh God, this is a sanitarium." But a sign said: "The Original Bath Treatment", so I went in.

The first thing they did to me was put me in a hot tub — a gigantic hot tub filled with this hot thermal water. And while I was in it, they made me drink about 8 cups of this same hot thermal water. So I was cooking from the inside and out. Fifteen minutes later, they stood me up and put me in a steam of this hot thermal water and steamed me. Then they stood me up in a room with about 20 shower jets, turned the valve and ice water hit me from every direction.

BISER: *What was that like?*

SCHULZE: I thought I was going to jump out of my skin, I thought it was gona kill me. I thought I was going to have a heart attack, but nothing happened.

They took me out of the ice water, put me back in the hot tub, then into cold plunges, then they put me in a room that had radiators all over the wall, soaked me in the hot water and then put ice packs on different areas of my body to increase my circulation.

After 30 minutes of these therapies they put me in the wheelchair and wheeled me out onto the porch where I sat there hunched over, moaning, and I drooled on the floor.

And I could see my car parked across the street. For two hours I couldn't get out of that chair and get to my car. That's when I realized

the power of hydrotherapy — of hot and cold water. This is what the old people knew. This is what they knew in Germany, in Europe and in the old nature clinics. They knew they could get a change in your body that you couldn't get with anything else — using just hot and cold water.

BISER: *Did you feel better when it was all over?*

SCHULZE: God, I felt like someone had taken all the muscles out of my body and put new muscles and joints in my body. I felt like I was born again. I felt like I was 15 years old. It was unbelievable.

When you keep this up repeatedly, it heals organs, and it will heal tissues.

The best way to increase blood flow throughout your body is that hot and cold water. In fact, they have shown tests where doing this detoxifies your blood. Just having that blood flushed! Because it's going through your liver more, it's going through your kidneys more, and then you are drinking that water and it's going through you.

After one of these rough sessions at a foreign hydrotherapy clinic, I thought my blood was going to come out through my skin. You know we don't do any of this.

But if we did, there would be powerful, powerful healings. But hydrotherapy is messy, it's not in vogue in this country. Nobody uses it. And it is one of the greatest healing tools I can say. In fact there are clinics that heal people of all sorts of diseases exclusively using hydrotherapy and that's all.

Ancient documents showed that all kinds of life-and death disorders were cured by hot and cold water therapy—but healers in the U.S. refuse to use it.

BISER: *Not even using the rest of your program?*

SCHULZE: That's right. Not even using the rest of my program. I think if I picked one therapy above all others, it would be hydrotherapy.

Benedict Lust was one of the greatest natural healers of the 1800's. He had a blood-washing method where you stayed in the shower for 8 hours while you took detoxing herbs. And he had dramatic healings. But today, I can't get someone to stay in the shower for 8 minutes in this country; and back then, it was 8 hours with waters of various temperatures pounding on you

In England, the whole town of Malvern was built on hydro-therapy. They had a bucket that would be 30 feet in the air and the pressure of that water would come tumbling down and hit you right on the top of the head. They didn't have pressure hoses in those days, so they had to do that.

But they were famous for curing incurables. For example, they healed people with mental disorders; these patients couldn't even think straight. They also cured people with brain tumors —just by increasing blood flow with these water treatments.

BISER: *And they cured cancer? Are you sure?*

SCI IULZE: Absolutely. I know, because I've used these treatments to cure cancer in my own patients.

And then these old people gave hot herbal packs and things like that.

I travelled to where they did this and got the old antique herbal books, and this is the kind of therapies they did.

BISER: *But if you tell people about this what do they say: "Those are fairy tales from the old days?"*

SCHULZE: Either that it's fairy tales, or that it's a bit radical. But to these ancient people, death was radical. What's amazing is that when I started practicing, the only information I could get on this was in the ancient books, because there was nobody writing about it — even today. Healers like

Christopher and Jensen talked about it, but they didn't get into it heavily in their writings. And no-one pushed it to the limit like I did. All of the good stuff came from the old days.

I'll tell you, in these clinics in Arkansas, they let me take a tour of the building that they didn't use anymore. Unbelievable. Granite and marble stands with valves which looked like fire hoses with nozzles on them. Up against the wall were things that you could hold onto. They would even strap you in because the pressure of the water was so strong. It would dent your skin. I let them turn it on for me and it was unbelievable and it dented my skin an inch and a half.

BISER: *Did it rip it?*

SCHULZE: No, but it dents it, it goes in your pores even. And it dents your skin, you're talking about a MASSAGE with hot and cold. I mean my spine felt like it hadn't felt in years. I was the only one down there for two days.

BISER: *Today we think it's a quaint idea from the past right?*

SCHULZE: If you ask me what was the most powerful thing that helped my patients recover from their cancers, it was the hot and cold therapy. You can't get blood to move in and out of different areas of the body with any therapy that even comes close to hydrotherapy's power.

The second closest thing for circulation would be cayenne pepper. It's the only herb I know that you can eat and it can make your face red with blood. Cayenne pepper and body work are good for blood flow. But body work and cayenne, as great as they are, are still a joke compared to hydrotherapy.

Practical advice on hot and cold showers.

BISER: *How long do you recommend a person stay in hot and cold showers?*

SCHULZE: When they are terminally ill, I will have them do it for forty- five minutes three times a day. These people who did this were dying. They were checking out. I had to do anything necessary to stop that.

These were cancer patients who didn't even have a month to live. You know, they had two organs missing and just needed to stimulate that blood in any way they could. We didn't have any time left.

BISER: *When you said forty-five minutes three times a day, how long hot? How long cold?*

SCHULZE: Oh, usually a couple of minutes cold and five minutes hot, and a couple of minutes cold and five minutes hot, and do about seven repetitions of that. But that's exhausting and then they'd do it 3-4 times.

You need to do two basic things:

1) apply hot and cold water, as hot as possible and as cold as you can get it, to a diseased area.

2) Take hot and cold showers, or a hot shower, then jump in a bathtub of ice-cold water, or water with 20-40 pounds of ice in it.

The purpose of these two techniques is not torture. It is to BLAST blood into sick areas that are not getting enough blood. Until you do that, expect to stay sick. I had one man who tried my programs for skin cancer, and they did not work. But he omitted one thing: the hot and cold showers. As soon as he did them, his skin cancer went away.

Simple rules: For those who are frail, use common sense and start slowly. For instance, on babies, use warm water and cool water. Obviously, be gentle. If you have a heart condition, start gentle with warm and cool. You don't want to shock the heart when it is weak.

To get the most results, work yourself up to using as hot as you can stand it — without burning your skin — and as cold as you can stand it.

BISER: *When I do it at home, I don't just use cold water. I found it works much better with bags of ice.*

SCHULZE: That's right. People don't realize that they suffer less when you do the hot and cold intense. Real hot water. Ice, not just cold water.

One of the things that helped me out a lot is reading these old documents and realizing that even if I went to the extreme, I wouldn't be reaching what was done a hundred years ago. As far out as I appear to my colleagues, I'm not even approaching the intensity of what the old healers knew they had to do.

That's kept me going when I was out there, going far beyond the greatest patient nightmares of most modern-day natural healers and herbalists. I knew I still wasn't getting up to some of the basic levels of what was done 100-150 years ago.

These people from the old days had no choice. All this didn't seem extreme because, to them, it was much more extreme to die.

BISER: *It seems that we, the civilized ones, are the great whiners who would rather die than get in a hot tub with herbs, then sweat and shake. Death with honor on clean hospital sheets, instead of life by socially-uncool methods!*

Chapter Six

Cleansing the Bowel

Cleansing the Bowel

The colon is the cork in your bottle. If you don't cleanse it, the wastes from your head to your lowlands can't get out of you. Unless you have worked in a clinic with dying patients, you just won't "get it" how many diseases come from bad colon function.

Later on in this chapter, I will give you the herbal formulas you need. But right now, I want to give you a case from the private files of Dr. Richard Schulze, and some other information he shared with me.

A 67-year-old man suffered from massive depression that cleared when they emptied the 'warehouse' in his colon.

SCHULZE: Emotionally, the man was dead. He was a retired teacher and a guidance counselor in a public school. He had a normal life and was an intelligent man. Sixty-seven years old, and all of a sudden, they go in his room one day and his head was down.

He said, "I don't want to get up. I don't want to go to school. I don't want to get up or do anything." They diagnosed him with clinical depression in January 1993. They took him to four different hospitals, they had him on three different drugs, Prozac, Valium and other similar Valium-like substances to keep him sane.

His relatives brought him here and he wouldn't come in the office. He sat on the couch in the living room with his head down and he goes "No." He goes, "I just want to get out of here, I don't like this, there is going to be bad traffic."

I made him take mouth drops. I said, "Has anybody ever told you that your breath stinks?" He didn't answer.

You know, his condition was like coming home and finding that your toilet is overflowed with poop. When it comes to their own bodies, do you know what people do? Instead of cleansing their colons and "calling the plumber or the Roto-Rooter man", they burn incense and put Airwicks in. That's what they do.

The underarm deodorants, the mouthwashes, the toothpastes, the gels, the breath fresheners, the sprays, the colognes, the perfume business is gigantic. It's a billion-dollar industry to cover up their stink because they are rotten inside and they are filled with crap. And if they would just clean out their bowels, this industry would be gone. I could smell this man 10 feet away.

So I recommended two colon formulas you'll learn about in a moment. His family didn't contact me for the next month and a half, so not knowing any better, or wanting to help him, they went through an entire bag a day of the formula. That's ten days' supply in a day. They were going through more intestinal formulas than I think any patient ever did.

This was an incredible family. They gave their father liver cleanses every single day for 30-40 days. And they had him on the juices and everything. They kept pouring that colon formula into him to flush him out, and he was having 5 to 10 bowel movements a day.

When I found out, they said, "He's on the toilet all day long." In fact, his psychotherapist called me and said, "I don't know what you're doing, but it might be to the extreme." And I go, "Why?" And he says, "Because I can't even do a psychotherapy session with him anymore. He's going to the bathroom every 15 minutes."

And I said, "You know, we could cut it back." And he goes, "Oh no, he's healed." He says, "We have no more valium, no more drugs, nothing." They brought him back to my office and this guy was totally out of this depression, totally healed from just doing major bowel cleansing.

BISER: *You didn't even do herbs for his depression?*

SCHULZE: Nothing. I never even got to it. I was expecting to see him in 3 weeks, but here's the greatest part: His first visit to me was February, and he had already been a year-and-a-half chronically depressed and the doctors couldn't help him. And then the family put him on the herbs and programs I recommended. August 2nd, he came for his appointment himself. He walked in here a happy-go-lucky individual. He wanted more bowel cleanser. He'll never stop using it.

BISER: *What came out of him?*

SCHULZE: They just said it was unbelievable. He blocked the toilets, they had to crush it out. He was full of poop. I could smell it. They said it was disgusting. In fact, the psychotherapist said he can't stand to have him come because he stinks up the whole office for hours.

BISER: *And they had to crush it up?*

SCHULZE: Oh yea. And they said it blocked the toilets. They said he used whole rolls of toilet paper, they said that it was a disaster, but this is.. it's another one of those stories that goes back to John Christopher and Bernard Jensen — you just don't know the power of getting that bowel cleaned out. I mean, this guy was impacted. We're talking about severe impaction.

BISER: *And yet his stomach didn't protrude?*

SCHULZE: Oh, not at all. He was a thin man. I finally sent him to a colonic therapist, and they said that after an hour's colonic, the built-up sh— was still pouring out of him. They said they just had to stop and say, "Look, you're going to have to come back more times." They said, "It was treatment after treatment and the stuff was pouring out of him." Obviously, they didn't even know where it was coming from.

The bottom line is that in sixty days, that man was calling for his own appointments and driving for himself, and he would come to my office himself and say, "Hi, I'm so and so, and I'm here to see Richard Schulze." Of course, we used the brain herbs with him later on, but he was cured pretty much from colon cleansing and liver cleansing and nothing else. When this guy first came to me, he hung his head between his knees, shaking it saying, "No".

He just said "No, no," I think one time, he said "We've got to get out of here," and he was gone! It was three years ago when it started and he was diagnosed with "severe clinical depression". Now eventually, they would have said it was Alzheimer's disease.

He was in retirement. He came out of retirement. His life has changed. He says he only has one fear left and I said, "What's that?" And he goes, "That I won't be able to get the herbal bowel cleansers. And that's his only fear in life. I said, "Don't worry."

If you don't cleanse the colon, the other organs can't cleanse their wastes.

BISER: *Any of the herbalists you know would have put him on a brain formula.*

SCHULZE: They would have started him on it right away. But I could smell his breath. I knew where it was coming from. You can't treat symptoms. Most people do, and I have always called that, "Allopathic

herbalism". As Dr. Christopher said, "You have to get to the cause behind the cause."

BISER: *Everyone thinks it's a wellness thing, cleaning the colon. They don't really think it changes health*

SCHULZE: They don't think that it will affect them if they have a tumor, or if they have kidney infection, or if they have heart disease.

They don't understand that even if you can clean the plaque out of the arteries — if you can't get the bowels cleaned out also, it's going to go right back in the body. You'll just re-absorb it.

The body doesn't want to dump wastes unless it knows the colon is working. These bodily systems are connected. When your appendix is giving information to your bloodstream, that's picked up everywhere.

BISER: *The body appears to know when the colon is blocked?*

SCHULZE: Absolutely. But when you get that colon brand-spanking clean, it's unbelievable the catharsis that's going to take place. Your body will start pulling poisons out from everywhere. Because it knows it can.

Also, you have to remember that wastes from the colon, as we'll see in a moment, can overflow the colon and pollute other organs. You can treat those other organs with natural methods — with only partial results — because these organs keep getting re-infected or re-irritated by particles from the colon.

The Merck Manual says that all Americans—if they live long enough—will have herniation of the large intestine.

SCHULZE: I find that most medical books nowadays back up natural healing. I quote from The Merck Manual daily to my patients. This is from Merck, Sharp and Dome, the largest drug manufacturer in the United States.

According to the latest edition, Merck, 16th edition, I'm quoting, "Every person will have many." That's many herniations. It's a hundred percent now. It says that if they live long enough, every American adult will have herniation of the large intestine. They say that it increases rapidly over age 40 and in every person.

Now Dr. Christopher said this 50 years ago! And they laughed at him. They ridiculed him. He said that the bowel has pockets in it. And that these pockets contain fecal matter. They laughed. They said this is the most ridiculous thing. They said, "We know the bowels don't have this." And he goes, "The bowels have pockets, they contain fecal matter." And then he went on to say that if it stays in there long enough, it will leak into your body and cause what he called auto-intoxication. Again, the doctors laughed. They swore at him. They ridiculed him.

I saw people who were natural healers go, "This is ridiculous". They said, "We have looked in bowels and we don't see this. We don't see these sacs of poop." I'll tell you why they missed them.

BISER: *Why?*

SCHULZE: Doctors used to always miss these because they are not inside the bowel, they are actually outside the bowel. So from inside the bowel, you can hardly see them, so when you go into the bowel with a scope, they look like little black dots. And that could just be a piece of fecal matter. They think that's only a small piece of fecal matter stuck on the wall of the bowel.

But behind that fecal matter is one of these bowel pockets.

How constipation causes appendicitis.

BISER: *.So the pockets are outside!*

SCHULZE: Yes. In 1991, they came out with this, their newest chart, diseases of the digestive system, and it shows right here diverticulosis of the colon, and how the external herniations are filled with poop.

Hut what's even better is over here in the book; fecal obstructions are causing appendicitis. They are now saying that appendicitis is caused by fecal matter stuffed down into the opening which doesn't let the appendix release

its fluid, and so it inflames. So this isn't some faulty organ, this is constipation causing appendicitis.

BISER: *Do any natural healers keep up on these things?*

SCHULZE: No. Nobody reads this. The Merck Manual is the Bible of diagnosis and treatment for the medical profession in the United States. Medical doctors don't even read these. I buy every edition and read from front to back. It gets better as the years go along.

They basically say that diverticuli occasionally are responsible for rectal bleeding and they often become inflamed causing diverticulosis. It says they are asymptomatic, so people don't know they have them, and.. .here's the best part, what do you do?

"Treatment: a bland diet is NOT indicated for persons with diverticulosis. For normal colonic functions, the diet should include a sufficient intake of fluids and roughage from whole wheat bread, bran cereal, fruits and vegetables."

This is what Dr. Christopher said, "If you get constipated, then you will get bowel pockets, and the best way to get rid of them is a mucusless diet, whole grains, bran, fruits and vegetables." They are just quoting Dr. Christopher right in the modern medical books. Isn't that incredible!

And then it goes on to discuss diverticulosis, the inflammation of the diverticuli, of those sacs protruding from the colon wall. It says that small, even minute, perforations of the thin-walled diverticuli due to inflammation or high colon pressure from constipation leads to —*guess what?*— bacterial and fecal contamination of the inner tissues.

BISER: *Inner tissues?! There you've got it seeping out and that is in The Merck Manual What edition? Page what?*

SCHULZE: This one here is page 813 and 814 of the 15th edition of The Merck Manual. They only publish them every 5 years. This was the 1987 version. And here we have something that Dr. Christopher claimed for years and every medical doctor I have met said it was ridiculous. Now, this is in the 1992 Merck Manual. Most people can buy these in discount bookstores. But I was shocked, and I have to say my jaw dropped when I saw this next one:

"Diverticuli, acquired sac-like mucosal projections through the muscular layer of the colon/rectum, occur anywhere in the large bowel, but usually in the sigmoid and rarely below the rectum. Vary in diameter, most diverticuli are multiple, they are uncommon in persons younger than forty but increase rapidly then after that, so that essentially every person will have many."

That's the bottom line. Essentially *every* person, so forget the 10%, the 20%, the 15%, the 30% that they quoted in earlier editions. Essentially every person will have many. That's the bottom line.

According to The Merck Manual, these bowel pockets leak pus, blood, and fecal matter back into the bloodstream.

BISER: *That means people are full of pockets.*

SCHULZE: Sure. Full of bowel pockets, that's right. Patients will say to me, "I had a couple of bowel movements today, 'every day'. Do I really need to clean my bowels." According to The Merck Manual, every person will essentially have many herniations — and there are no symptoms. So just because you're regular doesn't mean you don't have these little sacks of poop bulging on the outside of your colon walls.

BISER: *And inside of those protruding sacks can be inflammation, which means pus.*

SCHULZE: Absolutely. When that fecal matter comes out of there, and Dr. Christopher used to say it too, it's not just going to be clean, healthy tissue. There is going to be worms under there, there is going to be pus under there, it's going to bleed.

That's why even in his colon formula, he put cayenne for the bleeding, goldenseal for the pus and for the infection. He designed it because he knew that these infected sacs were there.

Now the question I've always had is: How did he know these were there? How did he know that everybody had them in their bowel because, according to medicine, they didn't know that until 1992. That was nine years after his death.

"Leg ulcers never heal until you cleanse the colon. The body creates them as a second rectum which leaks wastes out of a clogged-up body."

SCHULZE: We've had people with leg ulcers where you couldn't stop the leg ulcer, it was just pouring blood and pus. They couldn't stop it. They wrapped bandages around it and it would leak through the bandage.

I learned with leg ulcers that they are like a second rectum. When your body can't get elimination out through the normal channel, it will burst it through anywhere. It's impossible to heal a leg ulcer treating the leg ulcer. I learned that. You cannot get a leg ulcer better when your body is dumping poison it can't get out.

BISER: *Older people can even die of these ulcers.*

SCHULZE: The only way to treat a leg ulcer is to clean the bowel. Clean the bowel and then you treat the leg ulcer and it goes away. But with a

constipated bowel or a congested bowel, you try to treat the leg ulcer and it will never heal.

Tumors can be the body's way of trying to dispose of wastes. Sometimes these external cancer tumors have little holes in the end, where they leak pus and blood. Sometimes the skin turns redder and darker in color, and then splits open. It did on this one woman.

This lady had a tumor on her neck. She had a band-aid on it, and a cloth around her neck, and she would have to keep changing the tissue, it was leaking so much. I said to her, "What do you mean, it's leaking?"

She goes, "Look." And she took the band-aid off and it was like a stream of water. This water was pouring out of her neck, it was murky,

stinking water. And you know, this is classic. Dr. Christopher said that your body will get out wastes any way it can if the channels of elimination are not kept open.

Richard Schulzes two formulas for cleansing and detoxifying the colon.

The *first bowel formula* causes the colon to move — even if the nerves in the colon are damaged or non-existent. You can make this formula at home, or purchase, but as I will tell you over and over again, I urge you to learn how to make your formulas at home.

I give you the formula in parts, and a part is anything from cups, handfuls, tablespoons, or any unit of VOLUME you wanted to. If you ever make any of this particular formula, you will be getting herbs in *ground* form. I give approved sources for bulk herbs at the end of this User Manual.

Here is the first formula:

2 parts Curacao and Cape Aloe Leaf. [If not available, use one part Buckthorn bark or two parts Turkey Rhubarb.]

One part Senna leaves and pods. [Start with one-half part, because this herb is strong.]

One part Cascara Sagrada aged bark. [Start with one-half part.]

1 part Barberry root bark

1 part Ginger root, or Peppermint leaf, or Fennel

1 part Garlic bulb, or Goldenseal root

1 part African bird pepper, or the hottest cayenne or black pepper you can find.

You mix the powdered herbs in a bowl, and insert the final powder into empty capsules, which you can purchase at many drugstores.

Don't be afraid to make this or other formulas, even if you are missing an ingredient or two or three, or if you have to substitute ingredients. Over time, this formula strengthens the walls of the small intestine. It destroys Candida overgrowth, and destroys and expels parasites, and relieves gas and cramps.

Dosage: Take one capsule a day, during or just after dinner. The formula works best if mixed with food. If that gives you the bowel results you want, stop, this is your dosage. If you do not notice any difference in your bowel behavior, then increase your dosage by one capsule. You can continue to increase the dosage one capsule per evening until you notice a dramatic difference in the way your bowel works.

Continue increasing the dosage by one capsule until you go to the bathroom in the morning and go "Wow."

SPECIAL INSTRUCTIONS...

PATIENT TYPE A: The sluggish bowel type. Formula number one is for 97% of the people, the ones who need help getting their bowel working frequently.

PATIENT TYPE B: The irritated bowel type. This is only a small percentage of people. This includes those who have colitis, irritable bowel syndrome, Crohn's disease, and so on. If your bowels are irritated, or are working too frequently, skip this formula and go to the second formula.

My wife Sandy uses the first formula, while I have the overactive bowel type and have to use the second formula only.

The second bowel formula is to be used after the first colon formula. This one is a strong intestinal vacuum.

The *second bowel formula* is to be used in conjunction with the first colon formula. This formula is a strong purifier and intestinal vacuum.

Here are the ingredients:

2 parts Flax seed 2 parts Apple Fruit pectin [Optional, but available only in large quantities from wholesale suppliers. Difficult for layman to get. Minimum quantities are 50 lbs.] **2 parts Pharmaceutical Grade Bentonite Clay** [This can be obtained from health food stores.]

7 parts Psyllium seeds and husks

2 parts Slippery elm inner bark or Marshmallow root

1 part Fennel seed or Peppermint

1 part Activated Willow charcoal [This can be obtained from Charles Wilson, (704) 622-3671, P.O. Box 693, Leicester, North Carolina 28748.]

This formula will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead and even remove radioactive materials such as strontium-90. This formula will also remove over 2,000 known chemicals and pharmaceutical drug residues. Its natural softening and soothing properties will soften old hardened fecal matter for easy removal and soothe inflammation in the stomach and intestines.

Special instructions: This formula can sometimes be constipating. Therefore, all you have to do is to increase the dosage of formula number one to compensate.

Dosage: Do not use this formula until you have been on the first formula for at least a week.

Take this formula 5 times per day, beginning in the morning. Mix one heaping teaspoon of powder with eight ounces of fresh diluted juice. It mixes best if you shake it in a small jar.

After consuming this, drink an additional eight to sixteen ounces of water. Do the same 1/2 hour before lunch, between lunch and dinner, 1/2 hour before dinner, and one hour before bed. Be sure to drink between 64 to 128 ounces of liquid each day. This makes the herbs work better.

Please note that this formula can be slightly constipating, so you may need to increase the dosage of formula number one by one or more capsules per day.

SPECIAL INSTRUCTIONS...

PATIENT TYPE A: The *sluggish* bowel type. You can go a month on the number one formula before starting this second formula. You want to use

eight ounces of the formula number two within one week. Repeat this the second month by consuming one more divided doses of eight ounces in a week.

PATIENT TYPE B: The *irritated bowel* type. You can use the intestinal formula number two on a daily basis to soothe and solidify your bowel movements. You can use this formula on a long-term basis if you wish. You may find that one teaspoon a day does the job, though you may need three.

Experiment to see what dosage is best for you. If you are using this formula long term, you may wish to mix it up *without* the activated charcoal, which absorbs poisons, but if taken with food, could possibly absorb nutrients too.

Reserve special days for cleansing your colon.

SCHULZE: Once in awhile, like maybe once every couple of weeks, reserve a day or two for colon cleansing.

Maybe four times or more, have a day where you don't eat any food at all, or if you do eat, eat incredibly lightly and try to stick with fruit. And on that day drink a gallon of liquids; water, herb teas, fruit and vegetable juices.

On that day, it will be easy for you to stir around a teaspoon of the intestinal formula number two into those juices or liquids five or six times a day.

How to do a high enema.

BISER: *These were required every other day for those on the incurables program, and obviously less often for those who are not so ill. Richard, what do readers need to know to do this right?*

SCHULZE: A high enema is designed to wash and clean out and empty the entire colon, the large intestine. By comparison, a regular enema only washes fecal matter out of the area near your rectum.

In fact, if you are patient enough and persistent enough with a high enema, you will introduce so much water into your bowel that it will go all the way to your appendix. Of course, that's at the lowest part of your cecum, the beginning of the colon, all the way to the ileo-cecal valve which is where the small intestine ends.

BISER: *Can readers do this at home?*

SCHULZE: You can do this at home and it's easy. The first time you have to be a little patient. The way you begin is you just take a regular enema. You introduce 8-16 ounces of water into your rectum, and usually most people will feel like, Oh, gotta get this out of here now." So you hop on the toilet.

You're introducing the water or herbal tea while you are lying on your back on the floor. I always say it's best to have an enema party; it's much easier if you have two people, one person giving the enema and one person receiving.

Otherwise, you've got to work and move and strain and all of that. On your bathroom floor, put a couple of old towels, because chances are you are going to get a little water on the floor, but possibly a little bit of fecal matter, a little bit of herbal ointment or different things.

BISER: *I always thought it was better to do a quick little insertion of a little water, and get out whatever is there.*

SCHULZE: Yes, absolutely.

BISER: *Otherwise when you try to put the big one in you, you won't hold it at all.*

SCHULZE: That's right. You have to take at least a two or three just-rectal enemas. Make sure you are lying on the towels, make it nice and comfortable, put a little heater in the bathroom, get it warmed up.

BISER: *Play some enema music?.*

SCHULZE: Yes, play some nice enema music, spray some essential oils or light some incense, because this is going to smell a bit, because you have old fecal matter coming out. So make it a nice experience. Lie on the floor, make sure you put on some herbal ointment, grease up your rectum really good. This is one of the few times you may want to use some vaseline — because you are better over-greased than under-greased. Fill the enema bag with nice warm water, body temperature or a little bit less.

If you want, you can add some catnip to that if you are prone to having your bowel be a little spastic. Lie back and have the person introduce just a little water, you'll usually feel an initial cramp, get up onto the toilet, let that fecal matter out of the bowel. And do that again. You can do a rectal flush like that two or three times. After awhile, water comes out.

Now, you want to start introducing water into the colon itself and it's very simple. The first thing you want to do is just lie on your left side. Lie on your left side, and have the person put the enema in. Now you want to refill the enema bag, and have at least a couple of quarts of water if you can get it in the enema bag. You can have some filtered herb tea in there, too. Lie on your left side and have the person unclip the enema hose so the water starts flowing.

You'll feel it go into the rectum; breathe. You need to breathe. Take some deep breaths, relax. You might feel a little cramping. If you do say, "Stop." Your helper will shut off the flow of the enema bag. Let them keep that off for awhile until the cramping subsides.

BISER: *You're on your left side.*

SCHULZE: You're on your left side, and you'll begin to feel the water, especially if you use a little bit cooler water, you'll begin to feel it on your left side. It's entering your sigmoid and descending colon. Again, if you feel a little cramp, or, like, "Oh, I can't hold this", tell them to stop the water and just relax and breathe, but try to get as much water in as possible.

BISER: *What's the trick to not dumping the water as fast as it goes in, and all the water goes and you never get anything accomplished.*

SCHULZE: You may have to do that. But remember, you're going to take about an hour to do this procedure of a high enema.

There's no hurry to get up. You'll empty your rectum, but you'll also have some emptying out of your descending or sigmoid colon. Lie back, use a little more bland herbal ointment or vaseline, fill the enema bag again, and then lie down on your left side. This time, you'll probably find the second or third time you'll get a lot of water in. You'll probably drain that enema bag.

You'll feel the water on your left side, and you'll think it's gone all the way up under your left rib, which is called your splenic flecture, because it's the bend right near your spleen. Roll over and lie on your back now.

It helps if you can put an old pillow under your butt. It will elevate your butt a little bit. Get on a little slant, and now you'll start to feel the water enter your transverse colon and go from left to right, going backwards through the colon, the opposite way the fecal matter goes.

Now you'll feel that water, and when you feel it go all the way above your navel at the base of your rib cage through your transverse colon, you may feel as though you have a belly or lower abdomen full of water; it will feel a little heavy — great! Now move over onto your right side.

As you move, you might have to have a water change at this point. Have the person pull the enema out. You know, in Europe, they have enema bags that have open tops, and so you can keep adding water as this is going in. But in this country, we have these sealed enema bags, so you have to stop, pull out the enema, fill the enema bag again and then restart. Now we are filling up the right side; you'll feel that water especially if it's a little cool, going down the ascending colon all the way down to that cecum and appendix, which is down half-way between your navel and your hip bone.

If you drew a line between your navel and what's called the ileac crest of your pelvis, that's about where your cecum is. You'll feel it all the way there. When you've had enough, stop. Say: "I'm full of water," and lie there. Maybe even get up into a higher slant where your butt's even higher, if you've got support under you.

BISER: *That will help you hold it?*

SCHULZE: Well, it will help just get the water around more. You know, if you've done yoga, maybe try even a little bit of a yoga shoulder stand or a modified one, or if not, maybe put your feet up against the wall and let your feet climb up a bit. Try to get upside down a little bit. I lie there and relax.

Try to be there for at least 5 minutes, if not 10 or 15 minutes, and then get up on the toilet. Just relax. You may find that, at first, nothing comes out. Then, as you relax more, you'll have water come out and you'll think, "Was that it?"

Relax a bit more, and you'll have a real flush of water. You'll get a tremendous amount of water and a lot more fecal matter now. Now what you can do when you finish that, if you are up to it, is start again.

You won't have to do any more rectal flushes; your body will accept a high enema immediately the first time. So do it again. You'll find that you can do two or three of these before the water starts looking somewhat clear.

If you're lucky, you'll get what's called a cecal flush, which means you're sitting on the toilet and, all of a sudden, you'll feel a cramp in your bowel. The whole bowel contracts at once; you have what's called a cecal flush, meaning, at once, all the water from your cecum all the way through your bowel is out of you. On the way into the toilet, it will feel very hot and very warm and you'll feel a peristaltic wave from your right side to your left side. It's tremendous. Now you know you've done some deep cleansing. In the

colonic industry that's called the cecal flush, and you can get it at home with a high enema.

BISER: *In other words, you don't need the hundred gallons of water or whatever you get in a colonic.*

SCHULZE: No, not at all. A colonic is about 20 high enemas in an hour, because they can put it in fast; they can operate faster than you can at home with an enema bag. That's all it is. It's the same thing.

When you're a little more advanced in this, you can have your friend do a little abdominal rocking, putting their hand on your abdomen while you are on your back, and rocking you a little bit. That relaxes you sometimes.

If you are more advanced, you can even have them do a light massage on your abdomen. What can be more beneficial is if they do a little foot reflexology on the colon points, or a little bit of a neck rub. Anything to help you relax. Any type of body work works well. At the end, when you're done, if you want, you can empty out all the water and you can introduce what's called an implant. This could be aloe vera to soothe the tissue of the bowel if there is colitis.

How to use an herbal implant after your high enema.

BISER: *Or if you have cancer could it be red clover?*

SCHULZE: Red clover, chaparral, and the most famous is wheat grass juice. You can take two, three, four ounces of wheat grass juice. You can take plantain juice, if you can find plantain growing around your area. You can use any herbs that you want for whatever you want to do.

Introduce them into the bowel, but in a small amount. We're talking about 16 ounces.

BISER: *Because you don't want to dump it?*

SCHULZE: That's right. You don't want to let it out. And then just leave it in there. Just relax and leave it in, and you'll find it a little absorbed. Your colon absorbs massive amounts of water, okay, that's one of the jobs of the colon. It absorbs liquid. If you're putting red clover, chaparral, wheat grass juice, aloe vera in your bowel, it will absorb it and take it right into the bowel tissue.

BISER: *What about the criticism that by doing all this high enema, you are washing all the mineral nutrients out of your colon?*

SCHULZE: You can resupply your body with a little bit of sea vegetable, an almond, a couple of Brazil nuts, the amount of minerals that you are taking out are not significant, plus we're not talking about doing this every day of your life. We're talking about every other day until you get well, and then at much greater intervals for those who are not as sick.

Why Dr. Schulze is against coffee enemas.

BISER: *Some of these people do coffee enemas twice a day,*

SCHULZE: They do it forever.

BISER: *You are not in favor of that?*

SCHULZE: No, not at all. Sure, coffee will stimulate the bowel to excrete more, but I would use coffee enemas as an extreme because, when you do a coffee enema, you get a high from the caffeine because your colon absorbs that coffee.

I know this because I've done them, and I've had patients do them, and they are absorbing tremendous amounts of caffeine. For the average person this might be okay, but for a heart patient, it's going to cause cardiac arrhythmia, tachycardia, flutters of the heart. In these cases, caffeine is contra-indicated — the same way I am against using salt as a bowel flush. Because large amounts of salt, if you are hypertensive, can give you a stroke.

I don't like to use things that can cause problems in other ways. So, I would suggest to use your detoxification herbs. Like we mentioned, your chaparral, your yellow dock works very nicely, a good cleansing herb is wheat grass juice.

You can't get a better detoxification than wheat grass juice. I'd rather have that than coffee every day because it's loaded with chlorophyll. I find that most people who do coffee enemas are enema-addicts. They do two coffee enemas a day for the rest of their lives.

BISER: *You mean they have to do it*

SCHULZE: Yes, and then without it, their bowel doesn't work at all. This is typical of my clinic: A person comes in. I go, "How does your bowel work?" They go, "Hey, I have no problem with my bowel. I have two, three bowel movements every day. I go great."

"Do you drink coffee? Do you drink tea?"

"Yea. I drink about four cups a day."

But if they stop the coffee, that bowel never works again. Okay, coffee is a great bowel stimulant. Most of America thinks their bowel is working normal. If there was a coffee shortage in this country, we'd have constipation so bad, we'd need nuclear weapons to clear America. I mean, you know, it's a false sense of the body working.

Catnip and lobelia for high enemas.

SCHULZE: Some people have spastic bowels. You put a little water in and you can never really get the high enema going because it's cramping and it's always coming out. The way we always solve that is with lobelia. Add a little lobelia tincture to the water. You can even make it with catnip, which Dr. Christopher did.

Always have cayenne and lobelia on hand when doing; enemas.

SCHULZE: Cayenne is used if the person is feeling faint, or if they are going to pass out, or if they are getting shaky and you want to get them stimulated, and if more blood to the head will bring them back to earth. Lobelia is useful if they are going into some type of a spasm. Maybe the bowel is spasming, or their hands are going into tetany, and it works the other way; it kind of slows things down a little bit.

The high enema is something that everybody should do.

BISER: *If you are on the incurable program, do you really have to do the high enema that much?*

SCHULZE: Absolutely, and an important thing to remember is also when you're juice tasting, you'll have a tendency for your bowel not to work. And that's part of the incurables program.

So if your bowel doesn't work, the intestinal formula number one and number two will almost guarantee you a bowel movement. That's what you use when you're juice fasting. Also take an enema when you're juice fasting, to make sure that bowel is staying nice and clean, and that you're getting it out as fast as possible.

Parasites get removed from high enemas.

BISER: *Ever seen lots of stuff come out?*

SCHULZE: Unbelievable. Everything. I saw one patient dump a whole toilet bowl full of parasites, full of worms. She never, ever had any complaints, never had any problems, never thought she had worms.

BISER: *You saw the worms*

SCHULZE: Oh, I saw the worms. A whole bowl full of worms.

BISER: *Now this was the first high enema?*

SCHULZE: The first high enema. Dumped a whole bowlful of worms.

BISER: *Has it ever happened that you do a series of them and nothing happens*

— and then later you dump worms?

SCHULZE: Absolutely.

BISER: *Just because you didn't get worms the first time doesn't mean there's no worms?*

SCHULZE: Oh no, not at all. Anybody who has had long-term constipation will just clean out what was in the bowel on the first high enema. They won't get the crusts, or the pockets or the diverticula, the old stuff, the ham sandwich you overate on Thanksgiving when you were 14 years old.

BISER: *How long does it take you to expel worms?*

SCHULZE: Two, three weeks later, after doing five, six, eight high enemas. You can get worms then.

BISER: *Are there any herbs that would encourage the worms to go?*

SCHULZE: Absolutely. You could be using what are sometimes called vermifuge herbs, sometimes they are called vermicides. A vermifuge flushes the worms out, a vermicide kills the worms. One of the greatest, greatest vermifuges and vermicides, and people are going to think I'm a garlic nut, is garlic. There are more exotic herbs you can use, but garlic is wonderful. And of course the bitters; wormwood, worm seed, which is famous for cleaning worms out of the bowel.

BISER: *You could use that in the high enema?*

SCHULZE: Yes, absolutely. You could use wormwood in the high enema, but, just be easy with the amounts because, remember, when you put it in your bowel, it's just like drinking it.

BISER: *What kind of amounts?*

SCHULZE: You would want to make a very mild wormwood tea. You Could put a teaspoonful of wormwood leaves to a couple of quarts of water. That will do it. And you know, just remember one thing, garlic kills the worms and flushes them out of the bowel. No self-respecting worm wants to live near garlic. Don't put herbs in the enema bag, because they will clog the nozzle. Only use filtered herbal tea.

BISER: *I can see natural healers who have their pet herb all saying that garlic couldn't kill those worms. They'll say, "You've got to use some special herbs from South America." or something like that*

SCHULZE: If you have one herb and one herb only in your house, make it garlic. It will save your life.

BISER: *Last question on this, what else have you seen come out besides worms?*

SCHULZE: I have seen actual fecal matter encasements come out. It's not as common as people would like to think.

We have divcrticulosis, but not necessarily casings of fecal matter.

In certain cases of chronic constipation for years, I have seen that casing breakup and come out. I have seen quarts of mucus come out of the bowel. Long, stringy mucus that looks like cheese. I've seen blood come out of the bowel, fresh blood.

BISER: *Was that from damage done during the enema?*

SCHULZE: No, no, no. Absolutely not. A diverticulosis is like a bubble on the side of your colon. Fecal matter, due to constipation, pushes against the wall of that colon, and makes that bubble or that herniation.

Of course, that bubble is impacted with fecal matter. Now, when you clean that fecal matter out of there, it's not just nice, beautiful, clean, sweet, pink tissue. It's infected, pus-filled, irritated, possibly even carcinogenic, tissue in there.

That's going to have pus, that's going to have bleeding and, of course, that's the importance of doing the first intestinal formula; it has cayenne in it to stop the bleeding. The formula also has garlic in it for the infection that may be there. That's where the power of using herbs comes in with a high enema. My patients have also seen balls in the toilet — gallstones that were flushed out during the high enema.

Enemas to break-up fevers.

BISER: *I remember that earlier in my life, I used an enema to stop a fever that could have killed my wife. It was the only thing that brought the fever down.*

SCHULZE: Enemas can bring in cooling water, and they can also remove the wastes that are making the fever worse.

I remember when I used an enema of Bentonite clay on a patient who had massive inflammation in his bowel. The doctors wanted to do a resection of his bowel. They said there was something lodged in the colon and they couldn't get to it. The tissue was ruptured and it was leaking into the patient's abdominal wall. We put Bentonite clay in and it sucked the poisons and obstructions right out. They checked the man and said, "Whatever it was is gone now."

BISER: *What do you mean, you put clay in?*

SCHULZE: Bentonite clay. We filled his bowel with large doses of Bentonite clay and water. Bentonite clay draws forty times its weight in fecal matter. It will suck the fecal matter out of the bowel pocket, out of a diverticula. It's been used for a hundred years in this country to do that,

All the way back as far as I know. People have used liquid Bentonite to suck the bowel clean and it does it really well.

BISER: *After you put that in, the enema was for how long — an hour or two?*

SCHULZE: We kept it in for about a half an hour, and then once we expel it, it doesn't matter. It's all in there, and it's all dry.

BISER: *Did you mix water with it or just straight Bentonite liquid?*

SCHULZE: Bentonite and water. Use aloe vera too. When you have colitis and diverticulosis, you fill the whole bowel with aloe vera juice or aloe vera gel. It reduces inflammation.

The bottom line is: everyone is dying from rotten bowels.

SCHULZE: I just fired a teacher for telling my herbal students that cascara sagrada could irritate the colon and they had to be careful with it.

I find that absolutely irresponsible. What I said to him was, "Look, 100% of American adults, if they live long enough, have herniation of the bowel, and the #1 cancer among men and women together is colon/rectal cancer."

The bottom line is that everybody is dying from rotten bowels. And I never heard of anybody, not one person, dying from cascara sagrada. The American Indians used to call it sacred bark'. They used it for everything.

It's this kind of irresponsible herbalism that comes out of the textbooks that just irritates me to no end. What good is that kind of information doing anybody? It's scaring them from using herbs. And all these herbs are going to do is save their lives.

Three-pound tumor coming out of the bowel.

SCHULZE: This case of the three-pound tumor leaving is a classic case of what the colon-cleansing herbs can do. These herbs are powerful, but they've been degenerated by the modern herbalists in the way that they've been described.

In other words, the old herbalists knew the power of these herbs was dramatic, but this has been whittled down by the herbalists of today with their talk about isolating one or more active ingredients. They've lost the big picture of what the entire herb can do — or else they just don't *want* to know.

The herbs I talk about for the bowel, like the aloes or cascara sagrada or senna, these are emodin-containing herbs. The chemical emodin is a bitter principle that stimulates the liver and aloe stimulates the bowel to work better.

Years ago, that was also considered an herb that removes cancer from the body, but people don't talk about that anymore and for a lot of reasons.

I mean, Dr. Christopher, after his last arrest, wasn't allowed to use the word cancer. That was one of the things he'd agreed to, and he just couldn't help himself. But he basically got himself into trouble so many times because he said this herb is for cancer, so it's all been dropped.

But the bottom line is just the chemicals that are in those bitters, aloe, cascara sagrada and senna, used to be known as not only increasing the peristaltic action of your colon, they were also known to get rid of colon cancer.

But no-one dares say that anymore. No-one dares say the big cancer word when it comes to herbs or juices or natural healing. No-one dares say that wheatgrass juice absolutely cures cancer, yet I've seen it do it a thousand times.

But just because no-one says it, the tumors are still dropping out of people. When I was over in England, I got a report of a three-pounder coming out. Yes, just coming out with the bowel movement.

It was a colon cancer, and the herbs I recommended to your readers earlier made it happen. It was like a deflated orange.

BISER: *You mean it was that small? How could it be three pounds and just be like a deflated orange? An orange doesn't weigh that much.*

SCHULZE: Tumors are very dense, like, I'd like to say they're like a side of beef. It's something that has grown in a concentrated form for years and years and so they can be the densest of the tissue. It's almost like solid leather.

You won't read about this in a book, because no-one will say anymore, but these herbs do that. And if you talk a pharmacist into a corner, he'll say, "Well, yes." Because the National Cancer Institute has even done studies that emodin does destroy certain types of tumors. But no-one will dare talk about this. If your life depends on it, you can't get a handful of information about degenerative diseases out of herbal books or even out of herbalists any more. They don't deal with it, they don't know anything about it, they won't touch it.

BISER: *We should call this Collection "Raiders of the Lost Art"*

Chapter Seven

Cleansing the Liver Cleansing the Liver

Cleansing the Liver Cleansing the Liver

I have found that everyone UNDER-estimates the power of the cleansing programs. Failure to do the cleansing programs rigorously and repeatedly can cause you to NOT GET WELL.

I have talked to customers who swore they were on the Incurables program, yet they only cleansed their liver once in a while, every few months. They did not seem to regard it as critical. It is. And it is something you have to do repeatedly.

Let's listen to what Dr. Schulze told me about cleansing. You don't know it.

According to Dr. Schulze, "Everyone who came to me hoped I had some herbs in a bottle that if they took it, for a day or a weekend, would reverse all the damage, heal their diseases, and fix 30 years of unconscious living. But it can't be done. Anyone who claims a weekend cleanse can cure you is lying."

"If you saw photographs," said Dr. Schulze, "of how much junk accumulates inside of ordinary people, you'd realize how useless those health food store products are."

As Dr. Schulze told me, "I saw one guy opened up in Santa Barbara who was a pretty healthy runner, a non-smoker, non-drinker, exercise guy who dropped dead of a heart attack while he was running and I'm going to say he was in his mid-sixties."

"He was considered a fairly healthy guy, not over-weight at all. I saw his gall bladder and, my God, I thought I was going to throw-up. It was about

the size of a softball, it was like fluorescent golden-green in color and packed hard with cholesterol and probably a thousand stones. And this guy was considered healthy by his doctors."

"Every time I've seen a person opened up, their gall bladder is two to three times normal size. It's so full of crap from the liver, it's stretched out like a softball, and herniated all over the place."

"And people's livers get bigger too from toxins. I've seen them grotesquely big, and these aren't drinkers, these are regular people who think everything is okay. I've seen the livers of supposedly-healthy people and they were white and lined with fat, to yellow with infection to bleeding, ltd, and scabby-looking."

There are three methods of liver cleansing you will be using.

The *first* is the mild liver flush. The *second* is the strong liver/gallbladder flush. The *third* is the liver/gallbladder tincture. In the Incurables program, you will be using all three.

1)The mild liver flush.

The mild liver flush is done daily. You can do this for one week, then do the kidney flush for the next week, then go back.

Some people, like the man who eliminated dementia with colon cleansing, did the liver flush daily for over 40 days without a break.

To do the mild liver flush, do it on an empty stomach upon arising. The proportions are for one person. Use 8 ounces of citrus juices. Fresh is best. Squeeze those oranges; toss a lemon in if you are brave.

If citrus is too drying to your skin, use organically grown apple juice with all sediment left in. Add 8 ounces of distilled water, 1 clove of garlic, 1 tablespoon of olive oil and a chunk of ginger. The piece of ginger can be the size of the end of your thumb. Don't cut the garlic first. Just smash the garlic

on the counter to get the outer skin off, then, put everything in a blender, liquefy, and drink.

As you can tolerate it, increase the olive oil to 4 tablespoons. Increase the garlic to four large cloves, and increase the size of the piece of ginger in proportion to combat any possible nausea from the garlic.

I have found that it sometimes helps to chase down the flush with a few ounces of fresh-squeezed orange or apple juice you have saved as a chaser — as a reward to yourself, and to cleanse your mouth of the garlic taste after drinking the flush.

Fifteen minutes after the liver flush, you cleanse your system by drinking two cups of the following tea. The ingredients of this detoxification tea are:

2 parts roasted Dandelion root

1 part Cinnamon bark

1 part Cardamon seed

1 part Licorice root

1 part Juniper berries

1 part Ginger root

1 part Clove buds

1 part black peppercorns

1 part Uva Ursi leaves

If you are missing ingredients, do the best you can. It will still be better than not using the tea.

This is the complete procedure for the mild liver flush. In a moment, I'll give you the formula for the full-strength liver/gallbladder flush. First, the case history of a woman who used the mild flush.

**Gallstones were stuck in her bile duct. The liver flush
blew them out.**

SCHULZE: I had a woman come to me crying in severe pain. She just got out of the hospital. Doctors told her, "You have gallstones, severe gall-stones In your gall bladder, stuck in the bile duct, and we are going to have to do surgery now."

She left the hospital and came here and I just started her on the mild flush we just talked about. We used probably 2-3 cloves of garlic and 2-3 spoons of oil at-a-time. She did one that night, and did another one in the morning, and never had a pain since. She continued it for about a week and

a half, and went back, and they said her gall bladder was clean. As you can see, do not underestimate the power of the mild liver gallbladder flush.

BISER: *Can the liver flush cause gallstones to get caught in the bile duct?*

SCHULZE: Over the last 20 years, I have administered over 4,000 Liver

Flushes to my patients. Many of these patients had big silver dollar size gall stones, others had hundreds of little ones. Many were in acute gall bladder pain, some left doubled-over from the hospital, refusing surgery, but vomiting and really sick.

NEVER, NOT IN ONE PERSON, DID I EVER SEE A GALL STONE GET STUCK IN A BILE DUCT. In fact, just the opposite. As I just told you, I have had stones stuck in the bile duct that the Liver Flush removed.

The point of the Liver/Gall Bladder Tonic is to dilate and OPEN up the sphincter of the gall bladder for easy discharge. A person's only fear should be their surgeon's knife. Removal of the gall bladder from the liver is like removing the rectum from the colon. Not a good idea. So get going on the Liver Flush.

"It doesn't matter if you have kryptonite stones in your gall bladder—they will come out!"

BISER: *What about people who have already had their gallbladders removed? Can they still do the mild liver flush?*

SCHULZE: By all means. It is a great way to protect the liver. When the gallbladder is removed, the liver has no place to deposit the excess fat, which means stones are more likely to form in the liver itself, which can be dangerous. Gall bladder surgery is a disgusting practice that could possibly cause liver degeneration.

BISER: *Is the flush safe if someone has had Hepatitis?*

SCHULZE: I have used my Basic Flush on all my patients who have had Hepatitis A or B or C (Non-A, Non-B), and they have never had a problem with it. I would advise anyone with a serious health condition to consult a physician, first. If a flush is desired, I would recommend the mild flush first. The only time I jump right to the liver-gall bladder flush is when a patient is critically-ill and we don't have any time to waste.

2) The full-strength liver/gallbladder flush.

You should do this once or twice a week if you are ill. In severe cases, it may have to be done several days in a row. On the other days, do the mild liver flush that goes up to four tablespoons of oil. See the section on liver cancer in this manual for a case in which the large flush was done repeatedly, and learn what happened.

The formula is:

8 ounces of olive oil

8 ounces of fresh-squeezed orange juice

Mix in a blender. You consume 4 ounces an hour of this mixture for four hours starting at about six o'clock at night until ten, or about

an ounce every fifteen minutes. This time of the day is best for liver cleansing. Every organ has its own time, and this is when you should be doing the liver flush. Here are some comments from Dr. Schulze...

SCHULZE: Always have a ginger in your hand; fresh ginger root that you can chew on when you feel any waves of nausea coming. I have students who want to do it more powerfully and have actually done a quart of the same mixture. Sixteen ounces of oil and sixteen ounces of citrus, and kept that down and did just fine.

Normally, the gallstones that you get out are, oh, we'll say anywhere from the small where you can hardly see them, like sand, all the way to, oh, we'll say, garbanzo bean size. This person who did the double-strength had some come out that were more like from your thumb knuckle to the tip of your thumb.

When you've got a liver that's quadruple normal size and you're dying, this can be your liver flush instead of the small daily version. The only downside I've ever seen to it is, of course, it makes you feel quite sluggish because you're consuming a lot of oil that your body has to process.

It might give you a little bit of diarrhea, and the worst thing, of course, is you'll throw up. There's really no downside to it. It really is a tremendous feeling for most people once they take the pressure off that gall bladder and get it flushed out.

BISER: *Now Richard, -what's the most that you've done it, like three, four in a row?*

SCHULZE: I think I'm going to say five. Don't underplay what we might call the mild liver flush, or the liver/gall bladder flush, or whatever we want to call it, because I've seen that work miracles, too. But a lot of times I let it be dependent on the strength of the person.

You get these people who, you know, my God, you can do anything to them. For example, I have students who sat down and drank, in one sitting, sixteen ounces of oil and sixteen ounces of fresh citrus juice, smacked their lips and said "What's next?" You know, when I get students like that, hey, I push it to the limit.

I would say for your average person, the 16 oz. mixture is fine. My experience is (because I do it a lot with groups of say, thirty to forty) and, oh gosh, I'm going to say out of a group of thirty-five, we usually get eight or ten people who throw up. So what?

3) **The liver/gallbladder herbal tonic.**

Every day on the incurables program, you take the following liver formula. This is a tincture you can make at home, or purchase.

Here is the formula:

Remember that parts applies to weight, not volume. Also remember that even if you are missing ingredients, you can still make a formula and it will work. Always use what you have. It is better than drugs.

Milk Thistle seed: 4 parts. This herb coats and protects liver cells from poisons in our environment, food and water. It reduces inflammation, and heals damaged liver tissue.

Oregon Grape root: 1.5 parts. This herb contains strong bitter substances called alkaloids, including one called berberine that stimulates the liver and gall bladder and promotes the flow of bile. Bile is a substance that lubricates and sterilizes the intestinal tract.

Gentian root: 1 part. Same as above

Dandelion root: 1/2 part. A medium bitter which nourishes the liver with phytochemicals and nutrients plus has the milder action of Oregon Grape above.

Wormwood leaf: 1 part. Aromatic bitter, the essential oils do the same as Oregon Grape but also are a strong Anthelmintic (kills and destroys parasites).

Black Walnut hull: 1/2 part. Kills and destroys parasites. (In the clinic, I used to include Cinchona bark as an added anti-parasitical, especially in stubborn cases and parasitical blood infections like malaria. I treated men that had malaria episodes yearly still from World War II and this formula would cure them.)

Ginger root: 1/2 part. Stimulates the Liver and Gall Bladder blood circulation and stimulates the muscular contractions of the entire digestive downward.

Garlic bulb: 1/2 part. Kills any parasites, virus, bacteria, fungus, ANYTHING that may be in, or is released by, the liver.

Fennel seed: 1/2 part. Helps to push along in the digestive tract whatever is released by the liver and gall bladder and relieves gas, cramps, colic, nausea, indigestion, heartburn, etc. that may occur during liver and gallbladder cleansing.

For instructions on making tinctures, please see the Chapter 32 and 33 of your User Manual. The dosage would be two full dropperfuls three times a day all the way up to twelve dropperfuls a day in a severe case. As I said in the Incurables Chapter, you may want to use this as a base and add extra chaparral or wormwood, or barberry, or any other super-strong liver cleansing herb if you need an additional effect. Use your intuition.

Some people may have to back-off after four or five days of heavy liver cleansing to give it a rest, and then resume a day or two later. Other people may have to continue daily because of their condition.

If you desire to adjust the liver formula based on your own health problems, here are a few suggestions...

BISER: *How can my readers adapt this formula to their own needs.*

SCHULZE: It's easy. They just increase the quantity in the formula of the herb they need. For example, if the patient has LIVER INFLAMMATION, HEPATITIS, LIVER DAMAGE, OR A CHRONIC OR ACUTE LIVER ILLNESS, increase the milk thistle.

If the patient has GALL STONES, increase the Oregon Grape root, Gentian and Dandelion. Also do my 5 Day Cleansing and Detoxification Program with the Liver/Gall Bladder Flushes.

If a patient has a KNOWN PARASITICAL INFECTION, increase the Wormwood and the Black Walnut.

If a patient is PUKING, backing up or nauseous, increase the Ginger.

If the patient has a FEVER AND INFECTION is present, increase the Garlic and make a tea of echinacea roots.

If the patient has any DIGESTIVE PAIN or any of the problems listed under Fennel seed, increase the fennel seed.

One leading naturopathic doctor says the liver flush is dangerous. He is crazy and ignorant. Here's why...

Let me quote you what an ignorant natural healer is scaring people with, and then I will give you Richard Schulze's comments. Here is the doctor's first statement...

"Many people tell tales of passing huge stones while on the liver flush. However, what they think are gallstones are actually a complex of minerals, olive oil and lemon juice produced within the gastro-intestinal tract."

SCHULZE: This is true — but only part of it. When you do a flush, you will see these stones that are clear to translucent-like green. These are soft and spongy. These are just congealed olive oil that you consumed.

But what about the black ones? What about the red ones that have blood in them? What about the ones that are an inch and a half long and have a brown, hard crusty outside, and when we broke them open, they were black and purple inside. That's olive oil??? Impossible!

Obviously, from this guy's statement, I can say that he has never done, or done with anybody — a liver flush.

BISER: *Here is the man's next comment. It scared one of my readers...*

"The olive oil liver flush is not a good idea for a couple of reasons. First of all, consuming a large quantity of any oil will result in contraction of the gallbladder. It is quite possible that violent contraction of the gallbladder would increase the likelihood of a stone blocking the bile duct. This is a very serious condition that often requires immediate surgery to prevent death."

Now, comment on that one.

SCHUZE: Why do we do the flush? It is to cause a contraction of the gallbladder, and purge out the contents.

I always tell people that the gallbladder is like the rectum of the liver. When we do a liver flush, it's like an enema. It flushes out whatever is in the gallbladder.

Notice how he says, "Quite possible." This is his *theory*. I have done a liver flush on over 5,000 people and I've never had a person that got a gallstone stuck. And what were his words again: "Quite possible." This is why I say that an N.D. in this country nowadays, you might as well call them an M.D.

BISER: *But what about his comment that this could cause death?*

SCHULZE: This man is absolutely insane. That is my opinion of him. I have had patients who have come to me from the hospital with gallstones (ultrasound) in their gallbladder, and stones entering and stuck in the bile duct, causing them extreme pain where they were doubled over. I have many cases like this, and the minute they do the liver flush, they notice relief.

BISER: *So the thing he says causes it, cures it.*

SCHULZE: He's absolutely wrong. What an ass. You know what the bottom line is: this guy is coming from a fear standpoint like the medical doctors, and he also has **NO** personal experience. What he doesn't recognize is that the flush not only causes contraction of the gallbladder, but it also dilates the sphincter and enlarges this tube (the bile ducts) that go from the gallbladder to the duodenum. So that gets dilated. And also, it's become slipper — you have olive oil in there. You are going to be able to pass stones much easier. *Every* patient who has ever come to see me... every one I have ever worked with, has been doing gallbladder flushes by the third or fourth visit.

BISER: *Richard, this has been around for years. How come you get more results with the liver flush than anyone else?*

SCHULZE: There are several reasons.

First, I do the gallbladder flush differently — as part of a program. Second, I do it much more often than anyone else.

By the time I have everyone do a gallbladder flush, they are on a vegetarian program. Even if they are not going to be a vegetarian, they are at least vegetarian for the time being, which means they are not continuing to take saturated fat into their body.

The second thing is I use herbs with it. A lot of people use the liver/gallbladder flush, but then they don't use the detoxification tea given in this chapter, which has bile-stimulating herbs, and they don't use the liver/gallbladder tonic.

I use the flush as part of a program, not as an isolated technique. The biggest promoter of this flush was Dr. Randolph Stone, and every morning at his school, 15 minutes afterward, you had 2 cups of hot, stimulating digestive tea.

I have people do the flush every day for five days, and then they go back to it a week later for another series of five flushes, and so on. And I work up to it, one tablespoon of oil, one clove of garlic. I work it up. Anyone who is sensible works a program up.

And once you do the full flush on the incurables program, it's once a Week. By contrast, other people in natural healing do it once a year. I'll do it every day when I am afraid the patients can die of their illness before I can help them. That's how lifesaving this flush is. It doesn't cause death. It cures.

Even in the most severe cases, when I have them do the flush right away because I am afraid they are going to die, I have never, ever, ever, ever, ever had someone complain or even have a problem with having a gallstone stuck. You can tell just by the way this man writes that he's not giving case histories. He's giving theories. What an ass. It's hard to believe this man is a professor of botany. Now you see why I can't recommend other healers in this country.

Chapter Eight

Cleansing the Kidneys

Cleansing the Kidneys

Here are two formulas you will need for cleansing your kidneys. One formula is prepared as an herbal kidney tea. The other is a tincture which gets squirted into the tea before you drink it.

Here is the *kidney/bladder tea*:

2 parts Juniper berries

1 part Uva ursi leaves

1 part Dandelion leaf

1 part Kidney Bean pods

Add to this, one part of any of the following you can get:

a) Corn silk

b) Parsley root or leaf

c) Carrot tops

d) Watermelon seed and rind

Pour sixteen ounces of boiling distilled water over one rounded tablespoon of this herb tea, and let steep. Add four dropperfuls of the following *kidney/bladder tonic*.

Here is the formula for the kidney/bladder tonic:

2 parts Juniper berries

1 part Corn silk

1 part Uva ursi leaves

1 part Horsetail herb

1 part Pipsissewa leaf [optional]

1 part Burdock herb

1 part Goldenrod flower tops [optional]

On the incurables program, you are taking two cups of the tea three times a day, and you are putting a dropperful of the tonic in each cup of tea. If you need to, you can go to six cups of this tea a day, with twelve dropperfuls of the kidney/bladder tonic per day.

The reason one formula is a tea and the other a tincture is because some of the chemicals in the herbs are water-soluble and could come out in the tea better. Others could come out better in the tincture. When you use the tea and tincture together, you end up with a full-spectrum array of the chemicals in these plants.

Getting the herbal ingredients in this way is totally different to getting kidney herbs in a capsule full of dry powder. According to Dr. Schulze, when you're dealing with a capsule of dry powder, the volatile oil content is probably very insignificant. If you are taking herbs in this form, Dr. Schulze says he wouldn't expect anything to happen.

According to Dr. Schulze, Dr. Christopher carried fresh juniper berries in his first-aid kit. That's how he got his cures. He had people make teas and tonics. If you are getting your herb formulas in capsules, I'm not surprised that you're still quite sick.

I have never seen anybody whose kidney/bladder/ urinary tract infection wasn't gone in a week or less.

How to do the kidney flush. This is required on the Incurables program.

Ingredients:

Juice of one lemon and one lime

16 to 32 ounces of distilled water

A pinch of cayenne pepper

maple syrup to taste [optional]

Fifteen minutes after drinking the kidney/bladder flush, drink 2 cups of a kidney/bladder formula. Also drink 1 to 2 cup(s) of this tea in the early afternoon and early evening.

In each cup of the Kidney/Bladder Tea, add 1 dropperful (35 drops) of a kidney/bladder tincture.

SCHULZE: Every day on the incurables, for the first 30 days, they do a flush in the morning. I suggest that they alternate. They do one for one week, the liver/gall bladder flush (given in the liver chapter), then the next week the kidney/bladder, then the next week the liver/gall bladder. And they are doing both of those complete flushes regularly.

Poisons pour from your kidneys when you take these formulas made with fresh herbs.

BISER: *You told me you've seen kidneys look like a Jacques Cousteau TV special inside of them 'with coral structures.*

SCHULZE: There is no doubt about it. There are things that look like sea anemones, that are round with spikes kind of like toy jacks. It's everything from stones to small stones with spikes going out in every direction to big ones they call staghorn stones that look like deer antlers and that are quite big.

BISER: *How big, an inch maybe?*

SCHULZE: Three or four inches they can be. They can grow and encompass the whole inside of the kidney to where the entire kidney crystallizes and becomes plaqued and hardened.

BISER: *And you have seen that?*

SCHULZE: Oh, yeah.

BISER: *How would you get to see things like that?*

SCHULZE: Those you don't see unless you are looking at medical photography, or at cadavers and organ dissection.

BISER: *But again, a person might just have bad kidney functions and not know it*

SCHULZE: Absolutely. I think it would be rare to open up anybody's kidney and say that it was perfectly clean.

And these kidney formations I'm describing, these were people who didn't even know they had kidney problems. I've seen people who were marathon runners that thought they were healthy — who had gall-bladders the size of soft balls that were impacted with cholesterol and stones.

BISER: *And they died from an accident or something?*

SCHULZE: Absolutely.

BISER: *These people didn't even know they had kidney disease. Now you can see ilk-joke when people take dried-out juniper berries, a few capsules, and say I didn't get well.*

SCHULZE: You know, many of the principles that are in herbs deteriorate quite rapidly. In fact, some herbs are best off using fresh, and if you use them dried, you are just not going to get the activity. This is one of the advantages of tinctures. When you make a tincture, you can use the fresh herbs and get them right into solution.

BISER: *And then you lock in the chemical properties of the plant*

SCHULZE: That's why liquid extracts are preferred by the majority of natural healers and herbalists throughout the world. Unfortunately, as I will say elsewhere, most of the extracts they prepare are so weak, they are useless.

Regarding kidney cleansing with great quality herbs, it's quite dramatic what can come out of the kidneys, especially someone who has had years and years of infections or inflammation or crystallization growing in there.

I've seen jelly-like stuff come out, with strands of things. A horrible, horrible stench.

BISER: *How bad? Like what?*

SCHULZE: I've had to hold my breath to get some fresh air.

You feel like you are going to be sick. That is why you have to carry your cayenne tincture for yourself, too. I have...many times had these people bring in their urine specimens just to show me some of the stuff that was coming out.

How to dissolve kidney stones.

This formula is famous for dissolving stones. It is a routine of Dr. Christopher's that was revised and updated by Dr. Richard Schulze. It will dissolve stones in the kidneys and the entire urinary tract. It is soothing to inflamed tissues and assists in the smooth and painless release of the stones.

The ingredients in the formula are:

2 ounces of hydrangea root

2 ounces of gravel root

1 ounce of marshmallow root

The instructions are to take 5 ounces of these combined roots, cut or powdered. Obtain organically grown or wild-crafted herbs, not commercial grade herbs.

Take two quarts of fresh-squeezed apple juice, organic if possible, but it must be fresh-squeezed. Put half of the herbs (2.5 ounces) into each quart of fresh apple juice. Let sit overnight and in the morning bring each to a boil and simmer for 15 minutes.

Let cool, strain out the herbs from one of the quarts, and drink this entire quart during the first day. Consume about two fluid ounces per hour. The first day, you should also drink an additional 32 ounces of distilled water.

Let the other quart sit in a cool, dark place, shaking it a few times this day; and the next morning; strain and drink this quart at the rate of one ounce per hour that you re awake for the next two days. You will be consuming about 16 ounces per day.

On these two days, you should also consume 32 ounces of distilled water and 32 ounces of fresh juices. On the fourth day, a juice fast is suggested consuming 64 ounces of distilled water and 64 ounces of fresh juices.

Consume only distilled water and the freshly squeezed juices during this period, but only up to one additional quart the first day and up to two quarts the second and third days.

Usually, only one time is necessary, but you may repeat this procedure at one week intervals until all stones are dissolved. Remember, one large stone will dissolve slower than twenty small ones. In difficult cases, it may be necessary to repeat this routine 2 or 3 times.

The following is FORBIDDEN: Absolutely no other liquids are allowed, especially alcoholic beverages, sodas, or any carbonated beverages (even the natural ones), black tea or herb tea, unless prescribed, coffee (decaf or regular), dairy products and no minerals.

Food program: The diet should be animal-free (vegan) and best if the patient lasts on fresh juices for the entire 3-day period. If fasting is not done, then a raw food diet is suggested, consuming only fruits, fruit juices, vegetables, and vegetable juices.

Best juices are: orange, distilled water with lemon and/or lime juice, cranberry, watermelon and vegetable combination with carrot, parsley, garlic and ginger root.

The kidney and bladder herbal tea formula mentioned earlier may be drunk, 2 to 6 cups a day, during this program.

This procedure helped one rock star eliminate nineteen kidney stones.

SCHULZE: He was a lead singer in a rock-and-roll band, living on whiskey and junk food. He had started peeing a lot of blood while on the road.

He came to UCLA, they did x-rays, and x-rayed nineteen kidney stones around pea-size in his kidneys. And that was what was causing the bleeding. They suggested surgery.

That afternoon, he had to go pick up a guitar and went into the guitar store and my brother worked in the shop. And the guy said, "I've got to have kidney surgery."

My brother goes, "Look, I don't know, but my brother is some kind of holistic healer," and he carries my card. He said, "Give him a call and see what he can do."

I said, "Get over here." He came over and we did the procedure I just gave your readers.

Dr. Schulze uses garlic to eliminate a man's urinary tract infection — when nothing else helped.

BISER: *Did it work?*

SCHULZE: He did a double-strength routine. I thought we'd do it twice over the period of a whole week. He did it for two-and-a-half days, went

back to UCLA and they x-rayed him and he was absolutely clean. The blood was gone and there were no kidney stones at all.

Doctors had given him every antibiotic and every possible treatment and couldn't get rid of his urinary tract infection. I gave him 4-6 big cloves of garlic a day, along with the kidney tea and kidney tonic formulas we have mentioned earlier, and it cured him. I've never seen garlic fail.

They used to use sulfa drugs for kidney infections, and garlic has almost 80 different sulphur compounds in it.

In World War I, they used sulfa drugs. They had that packet of sulphur, and if someone got shot or burned, they just poured sulphur on the area because sulphur is an anti-infection mineral. Well, the British ran out of sulfa the first six months of the war, and so they thought, "Well, which plant contains the most sulphur?"

As I just said, there are 80 different sulphur compounds in one clove of garlic. They started mashing up garlic and putting it on moss and applying that to the wounds. They had a 50% decrease in the amount of battle wound infections by using garlic.

It worked better than any sulphur they could ever use. So they asked the English people to grow garlic in their backyards and they did a big garlic drive; that was the official treatment for battle wounds for the English in World War I. Just chopped garlic on moss, dirty moss, applied to the wound.

They never had infection, and they healed the wounds. This has been something that has been in use for centuries. The only reason that we are not using it now is because there is no money to be made in it.

BISER: *Is the organic garlic more potent?*

SCHULZE: Yes. Organics generally have more medicinal ingredients in them. Plants can only grow and create chemicals from the richness of the

soil. We've got garlic from the grocery store that was pathetic. The organic garlicks we get are just absolutely unbelievable. There is so much sulphur and they are so rich. Garlic does it all. It's a broad spectrum antibiotic — for the kidneys and everything else.

False warning about juniper berries from popular herb books.

BISER: *Our book said that high doses of juniper berries causes kidney irritation or possibly kidney damage. They said, "This herb should not be used by anyone with kidney infection or a history of kidney impairment. Even low doses taken over a long period may cause problems'.*

SCHULZE: First of all, juniper berries are not an herb that you would give someone to take nutritionally for the rest of their life. It's an herb that you use to clean the kidneys and to disinfect the kidney. I've had people use the fresh berries for months with no problems.

I wouldn't suggest it for more than a couple of months, because it should be clearing up your infection and making you pee. And if it's not, then there is something you are not dealing with that is going wrong.

If anyone has their kidney/bladder infection after a week of juniper berries, then we are barking up the wrong tree.

BISER: *The book said that many elderly people suffer kidney impairment, and that those over 65 should consult their physician about their kidney function before taking this herb.*

SCHULZE: They are absolutely barking up the wrong tree. Go back to your original statement about juniper.

BISER: *They said that, "High doses cause kidney irritation and possibly kidney damage."*

SCHULZE: First of all, what the heck is a high dose? They were probably injecting a rat with straight juniper oil in lethal doses to make that statement. In other words, what is the high dose? One juniper berry or a wheelbarrow full? They don't quantify that statement, so it makes it absurd. They need to say 25 drops of tincture or 50, or 5,000 drops.

BISER: *If also says juniper does not destroy fungi, and has never been shown effective for gonorrhea or bladder or kidney infections.*

SCHULZE: You tell that to my patients who got cured. My answer to that question would be, "Can you show me the case studies that they have done?" Even medical journals and medical books say that the volatile oils in juniper and uva-ursi destroy bacteria. Juniper is listed in the British Pharmacopoeia as a urinary tract disinfectant. It was also listed that way in the old herbal dispensaries.

These medically thinking herb people give the herb only by itself, never as part of a formula, never as part of a cleansing program, and then say it doesn't work. I guarantee they have never even tried it. I guarantee they have never taken 20 people with kidney and bladder problems and given them the complete formulas and programs I do.

And no one is using fresh juniper berries. They are using dried- up berries that look like little pellets.

I wish you could be with me out in the fields here in Southern France. Yesterday, we made a juniper tincture. We just picked fresh juniper berries off the trees around here, put them in a blender with the cheapest vodka we could find at this French supermarket. Today there was a bright bluish-purple liquid that rose to the top and we tasted that; it's unbelievable. You can't buy anything like that in the U.S. This is the best I have ever had.

I think this is something that ties right in to what you were just talking about with herb quality. We need these people to know about getting things

fresh off the trees. It will just blow your mind when you taste this. It's so incredible. And this is always the way. The fresher, the better. It's very simple. It's one reason I have been able to cure so many people.

For failing kidneys...

Dr. Schulze's teacher, the late Dr. Christopher used to use parsley root, both as a compress and tea, for serious kidney problems. One woman had a sister with dropsy who was as bloated "as an infected pig." She had only a few days to live. Parsley root was used as a fomentation and tea. It saved her life and she came out of the coma.

One woman had not urinated for 3 days. Dr. Christopher gave her a cup of juniper berry tea and went straight into the bathroom to urinate.

Chapter Nine

Cleansing the Blood

Cleansing the bloodstream

This is the main blood-cleansing formula for the incurables program. You can make this formula yourself, even if you don't have all of the herbs.

Here are the ingredients:

2 parts Red clover blossoms

1 part Lobelia herb

1 part Cayenne pepper

2 parts Chaparral herb

1 part Garlic juice [make this in a juicer or blender]

To the above, add one part of any of the following you can get your hands on:

Burdock seed and root

Poke root Yellow dock

Goldenseal root

Oregon grape root

Bloodroot root sap

European mistletoe

Periwinkle flowers

Make a tincture of these herbs and take 4 to 12 full dropperfuls (35 drops each) of this tincture daily added to some juice or water.

IMPORTANT NOTE: Please make sure your red clover blossoms are deep violet purple. This is the color the blossoms have when they are at their peak. If the person you bought them from waited until after the blossoms

started turning brown, this means the blood-cleansing chemicals have already begun to leave the blossoms and go back to the root, or have dissipated into the air. Someone's life can depend on the freshness of the herbs you get, and when they were harvested.

You can also obtain this tincture instead of making it. Addresses are at the end of this Manual. Some of these herbs, such as mistletoe, poke root, periwinkle, lobelia, bloodroot and chaparral are not approved by the FDA for internal use. You can decide to use the FDA as your herbal advisor, or to listen to a person who actually cured the sick and dying. It's your choice.

Making your own blood-cleansing tonic.

SCHULZE: This is very similar to the Dr. Christopher's popular red clover combination — but with added herbs from the Hoxsey and European formulas.

BISER: *What if they want to make a tea, Richard?*

SCHULZE: They could make a tea just of these particular ingredients.

On this formula, if they are going to make it a tea, about 25% of the tea should be red clover and chaparral. About half and half between them. The other 75% of the tea would be equal parts of all these other herbs.

Now the reason I've gone to liquid is because that's what used to be used; like back in the Lloyd brother's days, they used all liquid extracts. Their shelf life is 50 years; they are in your blood stream in 2 minutes. They are more concentrated because you are using alcohol and

water as an extraction. Plus, you can use things like garlic juice or blood root sap in there, and again the Hoxsey tonic was liquid.

Then, everybody started going to capsules to where this is almost considered normal. But it isn't normal, and it doesn't work.

But readers who want to could mix these herbs up in alcohol, and they could make a tincture of it. All they would have to do is mix these herbs up in that proportion that I gave earlier.

BISER: *What did you say chaparral does?*

SCHULZE: I said it makes tumors leap out of the body. It's incredible. Tumors leap out of the body. Indians used it for that. They knew. And they didn't have their positive-thinking tapes; they knew that when you took chaparral it made tumors go away.

When you get prickly ash for this formula, make sure it's prickly ash. Prickly ash should make your mouth go numb and prickly — or it isn't prickly ash.

Negative information on the cancer-killing herb red clover—from people who never used red clover.

BISER: *In a book on herbs published by Rodale Press, they say that red clover doesn't get much respect among many herbal experts. Here is what they say, "The Food and Drug Administration says there isn't sufficient reason to suspect that there is any medicinal value to red clover In the New Honest Herbal, Dr. Varro Tyler, Ph.D. dismisses claims that red clover helps treat cancer as, quote, 'Simply not actual.' "But the Rodale book goes on and says that the National Cancer Institute found several anti-tumor properties in the herb What is your comment?*

SCHULZE: These are such dumb comments. Again, if these people had seen red clover cure cancer in a clinic with live, real people, as I have many times, they would not make these stupid statements.

These are people who have never, ever treated patients like I did, yet they make statements they think herbalists should live by.

Even though a chemical analysis of red clover may or may not show anti-tumor compounds, that doesn't mean they aren't there. You can never discount the 400-year-old empirical history of how people used an herb.

Just because our current lab tools don't see something, doesn't mean it isn't there. For example, twenty years ago, scientists said that the polio vaccine was sterile, but now we know it wasn't.

When the polio vaccine was finished in the 50's, they cleaned it.

It was made from pig pus; they cleaned it to where it was deemed sterile, except for the antibody to the polio virus. In the 70s, when they looked back at it they found 149 live viruses that the equipment of the 50's couldn't detect

Science is limited by, and totally bound by, the quality and the accuracy of the tools they have at the moment. That is why, as people develop greater research equipment, the rules of medicine go out the window. The scientific tests say that there isn't anything in red clover.

So what? Well, that is what they said 30 years ago with the polio vaccine and it was found to be wrong. Any scientist who takes their evaluation seriously is really ignorant. The information that you learn today; well, six months from now, there will be a new book written.

While the herbal armchair experts debate red clover, your readers can cure themselves of cancer by using it. Then, 20 years later, scientists will figure out why it happened. Red clover thins blood and improves circulation; that's enough to cure cancer right there.

Advice from Dr. Schulze's teacher, Dr. John Christopher. On using plantain leaf for blood poisoning...

A man came in to see Dr. Christopher with his arm fully swollen from an infected wound. He had cut his hand open with a chisel. Dr. Christopher

used a plantain poultice over the wound, kept it moist and, in a few days, the arm was healed. A friend of this same man had a similar wound, went to the medical doctor, and had his arm amputated.

A woman cut her foot open on a seashell and her leg swelled to twice its size. She passed out from the pain. Again, a plantain poultice healed the foot. Plantain is also great for neutralizing poisons from bee stings.

A man had lockjaw from infection. Dr. Christopher used lobelia tincture, 4 drops on the lips, and the jaw was unlocked. Then he used a plantain poultice and the poisons were drawn out from a wound caused by a rusty nail.

Chapter Ten

Breast Cancer

Breast Cancer

Follow-up on the 75-year-old woman with horrible breast cancer—from videotape Volume Ten.

This case was covered briefly on the videotape. It was the case of a woman who did not want surgery, because at her age; the operation could kill her.

It was the worst case of breast cancer that Dr. Richard Schulze had ever seen. On the videotapes, Dr. Schulze described the special poultices he uses to cure breast cancer. Here is what happened as the woman began her natural healing programs.

The details that follow are gory. So what? Would you rather die on a sanitary and sterile sheet as the heart monitor goes into a flatline, or would you rather excrete some disturbing wastes and dead cancer cells — and then live happily ever after?

Cancer had destroyed her breast. The tumor was like an alien donut attached to her chest. In the center was a huge hole that went almost down to her bones.

SCHULZE: The tumor on her breast started peeling off a couple of weeks after we started.

Corners of it started coming up and separating from the rest of her breast. You have to imagine there was no nipple anymore, and on the end of her breast, it looked like this alien donut had attached to it. This is gross, but this is the best way that I can describe it. It almost looked like a ring sausage.

Around the edges where she pulled on it, it would bleed. It would hurt quite a bit. I said, "We'll just keep putting the poultice on it. Hang in there." Then it really started getting very loose. Corners of it

started detaching, and it got to the point where half of it was not attached. Where it did come off, there were little tentacles, kind of like white, sinewy tissue that went from this ring sausage down into her breast, and then, eventually, she kept working it and working it.

Then it was three quarters off; then just barely hanging on and then... she wanted to go to the surgeon because it got so disgusting. And I said, "No!", because she wanted to cut into it, and cut the majority of it off. And I said, "No, just hang in there."

I said, "Keep the poultices on it." She did, and finally the whole thing came off. She pulled it a little bit prematurely, there was a little bit of excess bleeding. But you know, we used a lot of cayenne with her for the bleeding. You know she had a gaping hole when this came off.

BISER: *Did it go almost to the bone?*

SCHULZE: I felt it did. Her breast was, we might say, an average size, well maybe even a medium size or a little bit bigger breast. And you could have lit your fist inside it; it was that much tissue gone. But it eventually all lime, back with the poultices.

BISER: *It grew back in?*

SCHULZE: Oh yea. She has some scar tissue on there and her nipple lines not exist.

BISER: *The body did not regrow it?*

SCHULZE: Her nipple is just like scar tissue over that area. It looks better than any mastectomy I've seen. The greatest thing is she knows that she did her healing. This was probably the worst gigantic tumor I've seen. It looked like the sausage my parents bought, we called it liver sausage. It was horrible stuff, but it came in kind of a ring.

BISER: *If she had gone to the surgery they could have gotten the tumor out right?*

SCHULZE: Yea, they would have gotten the tumor out. They probably would have cut out some of her lymph glands and everything would have probably been the same and a lot less, we might say, trauma and drama for her. The problem is, every time that happens, the next thing you know the cancer comes back in the other breast or in the uterus. This way, at least she knew she killed the cancer. She was doing all the internal cleansing routines and everything to make her body reject the cancer.

All the tissue regrew in her breast. It filled in. You know, her breast is smaller on that side. It's not as big as the other one.

Re-growing a breast that has been disfigured by a tumor.

BISER: *What poultices caused the regrowing?*

SCHULZE: We used a lot of aloe, a lot of the same type of poultices, slippery elm and aloe. In fact, before the tumor was gone, the regrowing had already taken place.

When I first saw her, she had this donut that had formed. In the center where the hole was, it almost went all the way back to her rib. That is my guess. I didn't put my finger inside, but I could see the depth went back to her ribs.

But, by the time the donut came off, that had all filled in, for the most part. In fact, when it came off she almost looked like she had a normal breast, but with a round circle of tissue gone on it, if that makes sense. There wasn't that much to fill in by the time the tumor actually came off.

BISER: *When it came off what did it look like?*

SCHULZE: This one looked reddish. You know, it looked, if you can imagine, like an arm without skin. There wasn't any skin on this tumor. It was like a skinned human being. It looked like a stick of pepperoni or

something like that. But not as red; it was more white with red in it. There was a lot of pus on it, and blood. And there were a few, very coarse black hairs on the rumor.

There was some bleeding out of that hole in the center and even around the edges. She worried about the bleeding a little bit, because at some points she was just running blood. Of course, you use cayenne internally and cayenne on the area.

My experience has been that cayenne, on a bleeding breast, just really doesn't burn like you think it would.

SCHULZE: Garlic will take you to your knees. But cayenne, I've used it on a lot of bleeding.

I think I may have mentioned that when my wife gave birth to Arthur, she actually ruptured a vein. She was hemorrhaging quite severely. She bled a steering-wheel-size puddle of blood in less than a minute. That's a pretty good amount of blood; a pint we'd say.

I just took about 5 dropperfuls of cayenne tincture and squirted it right inside her vagina and all around her vaginal lips and everything. It went to a trickle in seconds and stopped in probably four seconds. She actually had a torn vein that split. Cayenne never fails; it works so fast.

A young woman cured of breast cancer in ten days.

BISER: *Please give me some more details on the woman you mentioned on the Videotapes who got rid of a tumor in days.*

SCHULZE: Sure. Marianne was about 23 years old. She came to me with a malignant tumor in her left breast.

I'm going to say golf-ball size. She'd gone to three surgeons and all three surgeons at independent hospitals suggested a mastectomy. They said

minimum a full mastectomy, and one suggested a radical, including taking out some of the lymph nodes and muscle.

BISER: *And how close was she to surgery?*

SCHULZE: Days. They wanted to schedule her for two or three days, and I said, "Let's go to work." She was an absolute perfect patient. She worked hard, 19 hours a day, and in six or seven days, she noticed she could hardly feel the lump.

She went back to the doctors, and they said it was 50% reduced, but they did not change their diagnosis. They said sometimes these things go up and down. She came back home and worked even harder, and it was 10 days when she finally went back, and they absolutely could not find it whatsoever in her breast. It was gone, period. And that was the end of that story.

Sometimes breast cancers dissolve internally.

Sometimes they come out through the breast.

BISER: *Richard, how often do you see breast cancers when they come out through the breast? Is that very rare?*

SCHULZE: No, it's not rare at all. If I had to put an estimate on it, I would say 50-50. It seems as though half the time they can go right through the system and about half the time they don't.

This is true even though I do the same poultice on all of them whether they're coming out or not. What you're doing is just stimulating the body and the circulation in any way you can.

BISER: *If the women weren't going to you, would the tumor come out of the breast anyway, as part of the disease?*

SCHULZE: Yes, sometimes it comes right out through the body, regardless. The problem is, if they don't do the natural treatment, it doesn't separate from the body. It doesn't come off.

BISER: *You mean it stays there and just continues to grow?*

SCHULZE: There are people who have lived decades with malignant tumors hanging out of their breast. But these tumors will come to the surface and just be there. They'll even split the skin and come right out, but they tend not to come off. That's one of the biggest differences. They tend not to slough off or pop out of the body, unless you're doing something to make that happen.

How large can breast tumors get?

BISER: *Have you ever seen breast tumors that are so big inside that they've filled up most of the breast?*

SCHULZE: Oh, I've seen them when they came out, there was nothing left of the breast much besides skin. I've seen them that big.

BISER: *So the breast had turned into one big tumor*

SCHULZE: Absolutely. What happens is that the cancer feeds off the healthy tissue and so the entire breast has become the tumor.

So when it comes off, I would say that maybe 10% of the breast is left, but very little. But what I find very interesting is after a period of time, certainly there's scarring where this has happened, but after time, it turns into more of a dimple there and the breast fills back out.

I mean, it's quite impressive. I've seen many women, after this has happened, where the majority of their breast tumor came out. What you see now is a deflated breast. Then, as 6-8 months go by, their breast returns to almost normal with, like, a little dimple in it.

How to cause a ravaged breast to regrow.

BISER: *What are you giving them that makes it come back?*

SCHULZE: Well, the main thing is really taking very good care of themselves. The key is not stopping their work on the breast. In other words, it's interesting how the same herbs have different effects on the breast depending on whether the tumor is still there or not.

The herbs that you put on the breast will pull the tumor out and remove it from the body. But.. .when there's no cancer on the breast, they don't do anything. This is one thing that's so fantastic about herbs. The same herbs that will just cause dramatic removal of a cancer in your breast, once the cancer's gone — they won't do anything. And so, you just keep using them until you're absolutely, positively sure that's everything's gone.

And then, you *still* continue your massage, your hydrotherapy, and, of course, this brings the blood and the new tissue to grow. The same programs that will destroy and remove the tumor also heal and regrow the breast.

A lot of people quit as soon as the tumor is out—and that's a big mistake.

BISER: *Is there anything special that will make it grow. The aloe?*

SCHULZE: Absolutely. A big key is nutrition. Making sure you've got that juicer going.

BISER: *Do you ever use carrot juice compresses on the breast, or anything like that?*

SCHULZE: Well, yes, I used everything. What I always tell people is that when you make juice in the juicer, the pulp that comes out, put that on your body. Put back a little juice on it just to moisten it.

BISER: *So you even have them put that on their breast?*

SCHULZE: Oh, absolutely. Carrot juice, wheat grass juice., apple juice, everything, why not? Don't throw it away. You get nutrition through that. These things are soothing to the skin, cleansing, and detoxifying.

BISER: *Does poke root burn the skin once the cancers gone?*

SCHULZE: Not really. You'd have to grate the fresh poke root, and use it fresh, to get the skin to burn.

And still, it won't burn healthy tissue that much. You can put poke root, garlic, whatever on a healthy breast and it just won't have that big a response. You'd have to put a lot on in a concentrated way to hurt healthy tissue.

These herbs scavenge cancer and go in and eat up the unhealthy tissue of your body, but when you're well, they just become very benign in their action. I've seen this a hundred times and its quite impressive.

BISER: *How do you know when a tumor is going to come loose?*

SCHULZE: It's like a loose baby tooth. You don't really want to pull it off too soon.

You keep on applying these herbs and it'll keep loosening and loosening and, eventually, with a little bit of help (there's no doubt about it, sometimes you've got to do a little bit of pulling and tugging) you get a good sense of the feeling of when that time is.

You just play with it. You get a sense of time of when you can just yank it out. They get very loose and you can just yank them out. Usually when that happens, there's definitely some trauma to the area. Keep the cleansing herbs going on, but you can start adding some soothing herbs, especially aloe. Comfrey is also excellent and you can even get into poultices and pack the area with comfrey, aloe and slippery elm.

Chapter Eleven

Cervical Cancer

Cervical Cancer

"Pap smears were designed to get women back into a doctor's office."

BISER: *Don't you think pup smears protect women?*

SCHULZE : No, not at all. They con women into either biopsies or surgery for their cervix before they really have any problem.

The pap smear itself can cause enough inflammation to give you a bad pap smear the next time.

The pap smears are classified into five categories... 1,2,3, and 4 and 5. Class 1 pap smear means nothing: you are fine. A class 2 pap smear and the gynecologist says, "Well, you know we got a problem here." All a class 2 pap smear means is inflammation is present.

These are not cancer grades. These are pap smear classifications. You can have that inflammation from one sexual intercourse, because the penis might bump against the cervix. You could have that inflammation from using a tampon that may have some bleach on it that caused some inflammation. You could have that inflammation just from taking antibiotics, which gave you a little bit of a yeast infection...

You didn't even notice the cause of the inflammation, but a doctor goes, "Well, inflammation is present, we better go farther. Let's do a biopsy." In the old days, a biopsy used to be, "We'll take a little piece of that tissue." Nowadays, they do what is called a 'cone-biopsy', which means they freeze the cervix and just take it off.

"I suggest that women never get a pap smear. It's just a way that a gynecologist makes his boat payment."

SCHULZE: They take the whole rip of the cervix off. Then they figure, "Well look, why do a biopsy? We'll probably find cancer. We might as well get rid of the cervix and do it all in one treatment. And if we don't, she'll probably get cancer eventually."

If a woman is checked five years later and is full of cancer, she can sue for malpractice if the biopsy was not done, so a doctor has every reason to cover himself and do it

I have had numerous women come who have had that procedure just from a class two pap smear.

Okay, the average woman who comes to me thinking she is riddled with cancer, it's because she's had a class two pap smear. I have to show them the medical books and let them read class two pap smear and it says, "Inflammation of the cervix." Well, you can hit your arm and you have inflammation. That's all it means. I would say that 99% of the women reading this don't have cancer, they just have inflammation.

Even a class three pap smear still doesn't mean that you have cancer. It means that you have more advanced inflammation, and that there are cells that could be cancer. It still doesn't mean you have cancer.

A class four and five, of course, means that there are cancer cells present, that I've had hundreds of women with a class four and five pap smear who have turned it right around by cleaning that area and detoxifying that area of the body.

But rarely do I find anybody with a class four or five, because by the time they are class two, or at least by the time they are at class three, a doctor has already done a biopsy or taken that cervix right off the uterus. The cervix is

the mouth or the neck of the uterus. It's the opening of the uterus, and it has to dilate when you are going to have a baby.

So this can not only affect your future pregnancy, it can affect sexual intercourse; it can affect birth control, if you are using a cervical cap, and it can set up all sorts of problems. Of course, it can cause inflammation and disease which could lead to cancer.

"I'm not a believer in medicine. If you saw some of the butcheries done on women, you wouldn't be much of a believer either."

SCHULZE : I had a woman in my office who had a squamous cell tumor in the uterus. This is a serious cancer tumor. I suggested that we treat it naturally.

Her oncologist even said, "Okay, look, treat it naturally, but at least, let us do localized radioactive treatment. Okay, let us beam that x-ray right on that tumor and just shrink it, kill it, and then do wholistic healing if you want to." A lot of oncologists are saying that nowadays.

BISER: *What's wrong with that? It seems reasonable.*

SCHULZE : Localized, pinpoint radiation is like a shotgun blast. There's no such thing.

BISER: *Why is it not localized?*

SCHULZE: Because it damages the tissue all around it. This woman had the radiation treatment. I couldn't talk her out of it. It burned out the walls between her rectum and her vagina and fecal matter was pouring out of her vaginal opening. Okay, this is your localized treatment!

This is your pinpoint radiation -scientific, high-tech, laser-guided, smart bomb radiation treatment.

BISER: *You burn a whole in their bottom?*

SCHULZE : We would have been better off with a small charge of C4 plastic explosive. I mean, they blew this woman open. They took out that wall, and what do you get? You get fecal matter going to the vagina. That's going to be really nice for infection and cancer. Now, this woman never got the chance to do the natural treatment. She's not alive.

BISER: *But doctors talk in such gentle terms that it sounds good, even to me.*

SCHULZE: The machinery looks good, the technology seems nice, the stainless steel is shiny, everything smells like isopropyl alcohol; I mean, they are the greatest salesmen in the world.

We're going to look back at this century in the future and we're going to laugh eventually, but we'll cry first. This is one of the most barbaric periods. It's going to be called the Dark Ages of Medicine.

I've seen people who, after the biopsy — just the biopsy, not even cervical surgery, got such an infection that they ended up having a complete hysterectomy. They were gutted. I saw that with a woman who was 26 years old. They started out just saying, "We are going to do a biopsy because the pap smear came back a class two," which just means Inflammation.

So, they did a biopsy and inflamed her, then she got an infection. She ended up in intensive care and they took out her uterus, her cervix and both ovaries. They gutted her.

There is no such thing as a simple surgery. You know, I've seen people go in for surgery on their knees, get an infection, be in intensive care for seventeen days and almost die.

I had a patient who had a fever that lasted for awhile, and doctors didn't believe that it was a good thing. The patient went to the hospital; the hospital gave him drugs to reduce the fever, the fever got worse. The person went into a coma, then he went into intensive care. His fingers and toes

turned black, became gangrenous. Doctors amputated his fingers and toes; and he died a week later from a fever.

And this is why the late Dr. Mendelson used to say, "If you are sick, whatever is going on, don't go to a doctor, don't ever walk into a hospital." And that's from one of the former top doctors in the United States. I believe him.

"The woman thought she was just having continual heavy periods. Instead, it was cervical and endometrial cancer."

SCHULZE : I had a woman come to me, a 34-year-old legal secretary. She thought she was just having continual heavy periods, but instead she had cervical and endometrial cancer.

She had a family history of it. She was in a lot of pain. They said the words, "advanced tumors". They didn't even know how far the cancer had gone. They thought it probably had metastasized to other organs. They wanted to go in there, clean her up, do some exploratory surgery and probably do some chemotherapy and radiation.

Fortunately, she saw the light. She did the full incurables program, the special douches and suppositories we'll discuss in a moment, and we doused her hormone system with special hormone-balancing herbs that we'll also discuss. The first thing we noticed was that the bleeding started subsiding and that's a good sign — because we weren't doing anything to stop the bleeding.

The next thing we knew, she was having less pain down there, because uterine cramps can be quite painful, and within about 30 days she had no bleeding, no discharge, no pain.

She was doing all the things to create circulation down there, castor oil packs, douches. We had to clean out her bowels, she had a lot of

constipation and this is an important one here. The uterus is wrapped by the bowel. The sigmoid colon comes up one side, wraps around over the top, comes up and the rectum is right underneath.

We think about all our anatomy as separate parts, but they are all touching each other. The uterus is surrounded by the bowel. Imagine if you or the average person has five pounds of extra fecal matter and some diverticulosis herniation spilled with fecal matter. They are all going to be pressing, flattening, squeezing and prolapsing that uterus. So now you go to have a period, or whatever, and the uterus starts to swell, and you have a painful period.

In 80% of the women who come in with painful periods, after we clean their bowels, their periods are fine."

SCHULZE: You've got to give that uterus a little space and you might notice a difference now that your bowel is clean, because your sigmoid has probably crushed your uterus down to half its size. You might even notice

some changes in the way you feel and your period or whatever. Part of your low energy could just be that crushed uterus and the way your hormones are responding. But, anyway, we had to do some dramatic bowel cleaning on her, the whole bowel cleansing and liver programs.

In two months, she wanted to go back to the doctor. I fought with her and I fought with her. In three months, I couldn't stop her. She went back, and they said they did not see any cancer. She had a discharge, a lot of that chunky liver stuff again.

"She brought chunks of the dead tumor to my office in Canning jars. Her body had expelled it."

BISER: *Chunky what?*

SCHULZE : It looks like liver. At first, she thought it was blood clots, but then we saw that there were actual tissues. She brought them into my office in a canning jar. We have a lot of canning jars of that stuff.

They were chunks of reddish-black tissue with whitish chunky material. It looked like peas inside of it.

It was the cancer sloughing off. Her body was rejecting it. So we really fired up the program. Three months later, she went back to the gynecologist and the gynecologist said that they could not see anything.

They said they could not see any cancer on the cervix or the uterus, but they said, "Hey, you probably still have it down in there. We need to do some biopsies."

They just don't quit. They don't give up. Even when they see a healing, and even if they did the biopsies and saw that there was no cancer there, and that there was a total healing, they go, "Well, it must have been a misdiagnosis or a spontaneous remission." They will not admit that cancer can go if you are not using radiation, chemotherapy, or surgery. In fact, they will never say you are healed of cancer.

The bottom line is that this was about four years ago. The woman has never had a problem since. Now she's staying on top of it, you know, keeping healthy.

She was a fairly healthy person, but obviously, I think a lot of these cervical cancers are caused by waste not getting out of the body. You know we have a cesspool that's clogged-up down there. It gets back to that bowel. Those diverticuli fill with fecal matter, and once they're in there for awhile, they begin to leak. This is called diverticulosis and then it infects all the tissue around it.

BISER: *How bad was her cancer?*

SCHULZE : It was a bad case. Her whole cervix and the lining of her uterus was involved. They felt that it had gone deep enough to invade other tissues. In other words, it had metastasized, maybe into her bowel. But she's fine now.

And here's another thing: she was a legal secretary, and what did she do? She sat all day long on her butt. And when you sit on your butt, you're sitting on your uterus. She wore typical office wear — nylon pantyhose. There's no air getting to this area. You're blocking the circulation. Pantyhose cut off lymph. They are a lymph-constrictor.

You know, we probably should go back, if women want, to the era of garter belts and silk stockings. It was certainly a more healthy thing to do. Use more natural fibers. Don't forget that pantyhose is made from petroleum. That's made from crude oil, i.e. gasoline. We're talking petrochemicals here, right next to our bodies.

Step one in curing cervical cancer: herbal suppositories.

SCHULZE : On this program, women alternate between two different kinds of natural suppositories. One is just a simple insertion of a garlic clove. The other is an herbal mixture you can make at home.

Usually what I have them do is garlic cloves for a week and then that suppository for about a week. Or they could do 6 days of garlic cloves, a day off, and then 6 days of the suppositories. They could also do a garlic on Monday, a suppository on Tuesday, a garlic on Wednesday, however they feel they would like to do it. But at least, get 6 of the garlic cloves in and 6 of the suppositories.

Let's start with the garlic instructions. The garlic is done in three stages. In the first stage (the first night), you simply insert the garlic. On the second

night, you bruise it. On the third night and thereafter, you cut slices into the garlic. Each stage is more intense than the previous.

In the first stage, you take a large garlic clove, peel it and insert it into the vagina at night and pull it out in the morning. To remove it, you just stand up; it drops down and you pull out the garlic clove. Use a piece of garlic at least the size of your thumb. Then...

The second stage is to peel a big garlic clove, press on it, and bruise it. You bruise the garlic to activate a compound called allicin. The allicin in garlic does not exist unless you make it. In other words, there isn't any allicin in garlic to begin with.

There are only dry fiber cells and liquid acid cells. When you cut or crush garlic, the acid pours on the fiber and allicin is the result of that chemical reaction. What works in the garlic really isn't there until we chew it, or slice it, or bruise it. That is why garlic doesn't have much of a smell until you really activate it.

The allicin is created by the acid cells being ruptured and mixing with the fiber of garlic. It's an immediate chemical reaction and allicin is produced. That's why a fresh garlic clove doesn't have much smell. But when you chop it up, boom, you're creating chemistry in your kitchen. So press that garlic clove and bruise it and then insert it.

After bruising it, 99% of women won't notice any feeling in their vagina from the garlic. You put that in at night and it comes out in the morning.

The third day, bruise the garlic and make some actual lateral slices with a knife in the clove. Now you're creating more allicin. Some women, when they insert that, will feel a slight tingling for the first 5 minutes, but nothing major. That's okay, it won't hurt them at all. If it's too extreme, you can pull it out and make less slices and less bruises. Put that in and leave it in all night; take it out in the morning.

Do this for 6 clays and no bacteria, no fungus, no virus will be alive in your vaginal area. It will reduce the inflammation, and for those with cancer, we know that garlic destroys tumors.

A third of the research that's been done on garlic by medical institutes in the United States has been done with the treatment of cancer — but you'll never hear about it. All you have to do is slam your foot into the ground, dig a hole, throw a clove of garlic in there and boom, you have your own medicine. Garlic is an official drug in many countries of the world. It's listed in those countries' pharmacopoeia for the treatment of everything from heart disease to cancer.

Lost Garlic Cloves?

BISER: *We have had a few viewers write and call, who took your advice and inserted fresh garlic cloves into their vaginas, and lost them inside.*

SCHULZE: They used too small of a clove. The clove size must be large, and what I mean by large is — BIG — the size of your thumb; and no less than 1 / 2 the size of your thumb. Small cloves can get lost and be hard to remove. Large cloves just settle and can be pulled out easily. If you put in a small one, and it does get lost, douche until it comes out. Some people want to tie a piece of string or thread to it, but this is not necessary. I've had thousands of women do this successfully. Just use very large cloves!

BISER: *Is this really effective?*

SCHULZE: It is the best there is. The chemical properties of garlic are powerfully, broad spectrum, anti-bacterial. They will destroy both gram-positive and gram-negative bacteria. Garlic is also an extremely potent antifungal agent and, also, a powerful anti-viral agent. There is no other herb that even comes close to garlic's cleansing and healing abilities in the vagina.

I had a woman of 45 come to see me with endometrial cancer. She was recently diagnosed, and entertaining the thought of surgery. As usual, the

doctors said to hurry up and cut. She decided to try natural methods first. I put her on daily vaginal garlic implants, with garlic douches at night. Then, after the douche, inserting another garlic clove at night followed by another douche in the morning. In two weeks, she had no sign of cancer.

BISER: *What do you mean garlic douches?*

SCHULZE ; 28 ounces of distilled water 2 ounces of raw organic Apple Cider Vinegar The juice of 1 organic Lemon or Lime 1 clove of Garlic (Blend all ingredients in a blender, strain, and use as a douche)
Optional — 30 to 40 drops of Tea Tree oil.

BISER: *Did the cancer expel?*

SCHULZE: Nothing was noticed. It just disappeared. When she went back and asked for a check-up, the doctors said, "Why? You should be in a hospital." She said, "Please check", and they couldn't believe their eyes. Sure enough, the cancer had disappeared.

I have seen thousands of miracles with this plant. I've seen other women who the cancer peeled right off of and discharged. Garlic kills and removes cancers, inside and outside of the body, period!

A formula for vaginal suppositories.

SCHULZE : Here is a formula for a suppository. You customize it to your needs. In other words, if you have cancer, you add poke root to the suppository. If not, you can skip it.

We use it generally for vaginal infection, but all the way up to cancer of the cervix, endometrial cancer or whatever. Here is what you will need:

Coconut oil

Tea tree oil

Goldenseal root

Yellow dock

OPTIONAL :

Poke root

Cayenne pepper

Garlic

I would put in a bowl an amount of finely powdered herbs. Finely is a key word, because if you have a rough herb in there, it's going to get stuck in your bottom. Use 2 heaping tablespoons of yellow dock and goldenseal, one of each, finely powdered into a bowl.

I would squirt into that, 4-6 dropperfuls of tea tree oil, which would be 150-200 drops of tea tree oil. Tea tree oil is a multi-spectrum antibiotic and antifungal. It's an Australian shrub in oil form that is available commercially.

Then add enough coconut oil to turn it into a dry pie-dough consistency. Put the jar of coconut oil in a pot of warm water. Coconut oil at room temperature is solid, but when you warm it up, it becomes liquid.

If it's too wet, when you go to make suppositories, they turn into pancakes. You form them into 12 large or 24 medium suppositories. You put them on a glass plate and put them in the freezer.

If you have cancer and are using poke root powder, you could use equal parts of yellow dock and golden seal. You have to be really careful with fresh poke root. You grate it through a kitchen grater. It is going to be like a wet root. Most people will sell it in powder, and the powder is the least active but also the least acrid or burning.

When you take the suppositories out of the freezer, they will be frozen. But when you hold onto them they will start melting, just from your body heat. Grease up your vaginal area first with a little olive oil and then put the suppository in. You want to make sure you grease up first or it's a pretty rough ride.

The key is you want it to have a dry consistency and if you make it too wet, which everybody invariably does, just add more goldenseal and yellow dock. And if it's too dry, add more coconut oil. Just keep playing with it, back and forth, until you get a dry pie dough consistency

Now, if you want to add something that's a little more dramatic, you can even put a slight pinch of cayenne in there. This is a powerful herb for really stimulating the blood flow. Remember, if we don't get the blood there, we are not going to get the healing we want.

BISER: *It's not going to burn their bottom?*

SCHULZE : It won't do any damage, but it will be a little bit warm at first. I am talking about a very, very slight pinch here. And, if we want to, we can add just a drop or two of garlic oil.

BISER: *If you have cancer, how long would you do it?*

SCHULZE: The best way to do it is to put that suppository in at night, let it be in all night long. You need to wear a sanitary napkin. Anyone who has any vaginal problems should not use tampons.

Tampons are made with bleached paper; they are known to contain dioxin. Dioxin is carcinogenic. There s a lot of people who theorize that the high rate of cervical cancer is due to the bleaches on tampons. You ought to get rid of tampons and go to sanitary napkins. There are tampons available in the health food stores without bleached fibers.

BISER: *What do you think of the herbal vaginal products that are sold commercially?*

SCHULZE : I find that the formulas on the market are just too impotent. Most of them taste like they are burnt and smoked. You need to make your own at home.

For example, what happens is that they powder oak bark to make the formula. It's hard enough to cut oak; it will dull your cutting blades. Well, you can imagine powdering it. They end up burning the herbs, and when you burn the herbs, you might as well cook the herbs. I find that most of the vaginal bolus material out there has hardly any of the original healing chemicals left in it.

When they powder herbs on a commercial level, the machines are smoking. Most of the oak bark I get should be white in color or very light tan, yet a lot of it is darker brown and I can smell it. You can smell the herbs got burnt in the process of powdering.

BISER: *Can a man put this suppository right up the rectum, because it would get close to the prostate?*

SCHULZE: Absolutely. When you make a suppository, you make them different sizes and the general rule is to put them in any hole of the body you can get them into. You can put them in the ears, you can put them in the nose, you can put them anywhere.

BISER: *Could a person who had genital cancer or something like that, put it on the outside as a kind of poultice?*

SCHULZE : Absolutely. I've done it hundreds of times.

Cleansing douches after using the vaginal bolus.

SCHULZE : In the morning, you'll notice a bit of that bolus is coming out. That's fine. Leave it in all day long; then in the evening you want to do a douche.

There's a couple of douches that are great to clean you all out. One of my favorites is a pint of water with a couple of tablespoons of fresh-squeezed lemon or lime juice. You can also use a couple of tablespoons of raw organic apple cider vinegar. Spectrum Natural is an excellent brand.

BISER: *So, the bolus is in at night?*

SCHULZE : Yes, and then all day long you just leave it in and then later in the day you do that douche, clean it out, and then in the evening you put another bolus in. You do that for 6 days-a-week. Now this is a part of the entire incurables program.

Use the entire incurables program for advanced cervical cancer.

BISER: *What about advanced cervical cancer, what do you do?*

SCHULZE : Make sure that the person is doing the absolute, entire incurables program with the localized things down there, such as castor oil packs. You can even use castor oil mixed with other oils, about 25% castor oil with 75% olive oil; that is a douche, too. Work it right into the area. It won't hurt you.

Also, you need to balance the female hormones. There are three herbs I think are the greatest and there's a formula that I make which is clinically proven to be a woman's saviour. It contains equal parts of each herb. The first herb is called wild yam.

Wild yam is what the pharmaceutical industry used to make progesterone from. But it got too expensive, so they make it from horse urine.

BISER: *Is wild yam grown in the U.S.?*

SCHULZE : Yes, in the U.S. it grows, and also in South and Central America and in Mexico.

The second herb is chaste tree, which is the herb of Europe. It's used for women's problems from PMS to menopause all over Europe. It's the berry of a tree. One of the biggest uses of Chaste Tree in Europe is the shrinking and elimination of uterine fibroid tumors.

The third herb is Angelica. In China, they call it Don Quai. It's also pronounced Tang Kwai. This is the number one-sold herb in the world. The Latin name is Angelica Sinensis. We have species of Angelica that are very similar that grow in the United States.

So I use these three herbs in equal proportions, either as a tea, or as a tincture. This is an endocrine-balancer.

[Editor's Note: In many cases, Dr. Schulze added several herbs to this formula for the nerves. My own wife said she got more results when she lidded up to 50% by total volume of Dr. Schulze's nerve-sedative formula Co the female formula. See the chapter on Nervous system disorders for this formula. Here are some herbs you can add to the basic three-herb female formula: Valerian root (Valeriana officinalis) Passionflower flowers (Passiflora inc and Hops flowers (Humulus lupulus)]

I've weaned every woman I've seen off of Premarin / Estrogen and Provera / Progesterone, and got them onto this formula with no hot flashes, no problems. Ninety percent of women can take a month, wean off their Premarin / Provera every day and work onto this formula and never have a bump. Ten percent of women have a little bump; you have to adjust the dosage.

BISER: *How do you do this weaning process? Weaning a woman off her hormones...*

SCHULZE: I like to look at, "What is the full dosage I want this woman to be on." Usually, for any tincture, it would be two dropperfuls, 3 times a day.

Then, I look at, "What is the dosage of the medication they are taking now?" Let's say, just for ease of thought, it's 100 mg. In the first week, I take them down a quarter to 75 mg., and some people say, "How do you do that?"

I don't care...grind the capsules up, separate the powder with a razor blade and a mirror like a cocaine addict. Break the tablets up, anyway you can. Open the capsule, pour out the powder, divide off a quarter. We are not building a nuclear weapon here. It doesn't have to be that exact.

BISER: *Anyway, for the readers, they have got to do that with their doctors approval?*

SCHULZE : Yes, absolutely. They knock of 25 % of their pharmaceutical drug. Then they start out with one dropperful of the tincture, we will say, AM and PM. Then, the next week, they go down another quarter on the drug. So now they are down 50% and then they start taking one dropperful 3 times a day of the herbal tonic. Then, the next week they go down another 25% so they are on 25% of their original dosage of the pharmaceutical drug

BISER: *So in a 3-week-period, they are down to 25%.*

SCHULZE : Yes. By the next week, they are gone off of it, and they are on two dropperfuls 3 times a day of the herbs.

Recipe for a quart (or gallon) of Dr. Schulze's Female Tonic.

BISER: *I realize that most women reading this will never make their own herbal formulas. But I want them to have it in their possession, so that they can make their own formulas. If there were one single formula I would want women to know how to make, it would be this one.*

I am making a gallon of this formula for my wife Sandy — and I consider it survival food —for her hormones. That way, no matter what happens, she has what she needs to stay young I recommend that other women do the same.

SCHULZE: This is an easy formula to make. The formula I am giving you is approximate. When making herbal formulas by weight; how much that will fit in a jug is dependent upon whether the herb is whole, cut and sifted, or powdered, and then how long you blend it up after mixing it.

The time of the year and the dryness of the herbs make the amount of herbs that will settle in a container vary slightly.

When your herb material is settled in the container, you want it to be at least 3 / 4 of the way up to the top of the container. If it isn't, simply add more herb. If you have too much herb, add more grain alcohol and move up to a bigger container.

The roots are hard to chop up when dry, but the best tincture is made from finely chopped or even powdered herb material. But you DON'T want to buy powders. You want to buy whole herbs so you can identify them. To cut up the whole root, a rose or brush pruner can do a good job. Once the herbs have soaked in grain alcohol for a week, you can then pour the mixture in a blender to make the herb material more like applesauce.

As always, use 80 to 100 proof vodka and start all tinctures on the new moon. Keep in a dark place. Strain or press them on the full moon, approximately 14 days. Press through a clean cotton towel.

Here are the herbs you need and the quantities. The first and smaller quantity is for making one quart. The second and larger quantity is for making one gallon of the formula.

Here we go...

4 or 16 ounces of **Dong Quai root**. The Latin name is *Angelica Sinensis*.

4 or 16 ounces of **Wild Yam root**. The latin name is *Discorea Villousa*.

4 or 16 ounces of **Chaste Tree berries**. The Latin name is *Vitex Angus-castus*

2 or 8 ounces of **Licorice root**. The Latin name is *Glycyrrhza Aglabra*.

1.5 or 6 ounces of **Damiana leaf**. The Latin name is *Turnera diffusa*. There is more *volume* of Damiana leaf even though there is more *weight* of Licorice root.

.75 or 3 ounces of **Hops whole flowers** with the yellow pollen still in them. That is where the active ingredients is. The Latin name is *Humulus Lupulus*.

This formula, like all other tinctures, will keep for 50 years or more. Store in dark glass bottles in a dark place.

Using this formula, hundreds of women have weaned off of medical hormones in 30-60 days.

SCHULZE: During the years of running my clinic, I saw many women who became incapable of normal functioning, both physically and emotionally, because of menopause, PMS, and hormone imbalance. This tonic was a lifesaver to them.

The formula is an effective overall female tonic. It provides women with herbal phytochemicals that are needed to create hormones, helps to balance the hormones and calms the nerves.

Besides the obvious health benefits, many saved their marriages, their families, their careers and their sanity by using this formula. It gives women that sense of well being and control. It increases the communication between

the endocrine organs in the brain and the ovaries. It allows a woman the ability to age slowly and naturally, and make a comfortable transition from puberty through menopause.

This is one of the few formulas that I've used that we might call international; in other words, I'm taking the top Asian herb, the top European herb, and the top herb from the Americas.

"I rarely remember a female patient who, after taking the female formula, had hot flashes last more than a week. It's usually immediate, very fast results."

BISER: *How does this formula work for hot flashes? I can relate to hot flashes, because I have had fevers where I soaked the sheets, and your sleep is ruined, so I know it's not a trivial symptom.*

SCHULZE: A lot of people think hot flashes are a mild spell, like a woman fainting.

It can just be a warming or glowing of the face and neck and chest, but it can also be serious. I had a patient when I first opened my clinic in Hollywood that was having the ultimate night sweats. She was soaking sheets and blankets and the mattress, and I mean *soaking* them.

She told me she woke up the first time and thought someone had sprayed water on her while she was sleeping. She kind of ignored it and figured she couldn't do anything about it, and one night she woke and she was having a heart attack.

She had such a dehydration, electrolyte imbalance, that she went into cardiac distress and fibrillation from dehydration. She was rushed to the emergency room and almost died. I just wanted to say this because a lot of people think, "Oh, hot flashes. Give them a magazine so they can fan their face."

That's all fine, but hot flashes are just a beginning symptom that your hormones are out of balance and they alone can be debilitating, if not kill you in extreme situations.

"I can guarantee, if you are having hot flashes, that there are other problems being created by your hormone imbalance."

BISER: *What is the beginning dose for hot flashes?*

SCHULZE: They start out with one dropperful three times a day, go up to two dropperfuls three times a day if necessary, and don't forget, if you are having night sweats or hot flashes at night, take heavy dosages before you go to bed. If you wake up at night, take dosages then. You can use a dosage when you have a hot flash. This is easy to remedy immediately.

Then, if you are not getting the results you want, you go up to two or three and then finally four dropperfuls three times a day. However, two dropperfuls three times a day has stopped the symptoms of menopause in 98% of my patients in the clinic.

I'm talking about the falling out of the hair; I'm talking about the agitation of the emotions; I'm talking about the osteoporosis problems; and I'm especially talking about the dry vagina and the other symptoms of menopause.

All the symptoms of menopause that women get are because of the lack of estrogen. Now, a lot of times, it isn't because their ovaries have quit. Ovaries just don't quit. They slow down, but the communication is bad. The circulation is bad. And this formula works wonders.

"I used three dropperfuls 3 to 4 times a day after surgical sterility, like hysterectomy, where the ovaries have been removed or one ovary is gone."

SCHULZE : Even if the doctor says both of your ovaries are gone, don't believe it. You don't know what you've got; you may have an ovary left or enough of a piece of one to make some hormones, so take these herbs.

Don't ever forget what a miracle machine the human body is. If it is missing a part, many times, if you take care of yourself, another part will do the job. There are many reports of other organs creating hormones when the ovaries are gone; some people have even made them in the intestines. Many women without fallopian tubes are able to get pregnant, the egg finds a way to the uterus.

NEVER give up hope.

I've had many women with complete hysterectomies and no ovaries be able to lead normal lives just using the female tonic.

Then, I had women who had clean sweeps; no ovaries, no uterus, and even on the female tonic, they could not go off their medical hormones, but they were able to lower their dosage sometimes by half, sometimes by three-quarters.

There were only a handful of women who could not get their hormones back naturally. The tougher the case, the more they had to do the other programs to see results. I remember two patients who were gutted so severely by medical doctors that they could not get their hormones in balance. And that's two out of thousands. So that's a pretty good record.

BISER: *You mentioned a moment ago that you made periods come back. What men would want that to happen?*

SCHULZE: I've had women scream at me over this one. They say, "It was a blessing the day my periods stopped, and now you've got me bleeding again."

If this happens, you're not menopausal yet. I don't care what anybody says, you're not ready to stop having your periods. Many women go into what I call "premature menopause," because they are unhealthy. Nature terminates their periods because Nature does not want the weak and sick bearing children.

But once we get the women healthy again, many times, the periods come back for one, two, three, four or five years. I had one woman who had not had a period in two years start having them again at the age of 55, and bear another child, which was what she and her husband wanted.

If a woman is mad at me over her body getting healthier and resuming its normal functions, how is that my fault? You can't deny your womanhood.

If you never want periods, be unhealthy. Just give this report to a friend who wants better looks, better health and better sex.

Hell, you can bring on menopause at 40. Just treat yourself like garbage, smoke cigarettes, drink lots of whiskey, and your periods will stop. Is that what any woman really wants — to be old. I don't think so.

Benefits for older women long past menopause.

BISER: *Can this formula and these cleansing programs help women who are way beyond their change of life?*

SCHULZE: Of course. Their body could still be running on too low a level of hormones. So, if they're 80, they might be feeling like 90. Or, if they're 70, they might be feeling like

80. You'll never know how good you could feel until you get your system cleaned out and your hormone levels up.

Women at 70 to 90 might feel they are healthy— and have no idea they could be so *much* better. How could you not be better giving your whole body a tune-up it's needed since you were 40?

More information on dosages I learned from working with my wife Sandy—by Sam Biser

There is a difference between a dose of the female formula that stops symptoms, and the dose that has you feeling your best. I found this out from Sandy. She had to take 12 dropperfuls a day to stop hot flashes. But when she took 16 dropperfuls per day, she felt better. I asked Dr. Schulze if 16 was the highest dose he ever used, and he said it wasn't. He said it was on the high end of the *medium* range.

He has used 20 dropperfuls per day, and as high as 24 per day. Typically, these doses would be used in conjunction with a juice-fasting and cleansing program. He jumped the dosages temporarily to cause uterine cysts and fibroids to break open and explode during the middle of the cleansing.

He also told me that if a woman needs that high a dosage, what it tells him is that most of that dosage is being wasted because it isn't getting Utilized. Maybe the woman is taking 20 dropperfuls a day, but only 5 are getting through.

Either the liver is not working, or a stuffed colon is pressing on the ovaries and blocking the circulation, or the blood is thick like sludge or molasses and needs to be cleansed. Or, the food program needs to be started

or stepped up. Or, there may be scars on the uterus, and you have been given information in this chapter on how to dissolve them.

Doing the liver flush by itself could cause a major reduction in the dosage of the female formula the woman needs. The liver flush, together with the liver formula given in a preceding chapter — which can be greatly increased in dosage if needed — can drop the female tonic requirements to where a woman doesn't need it anymore.

What's the worst case scenario if a woman takes too much female formula? You'll see some abnormal bleeding. If you are still having your

period, the bleeding may be constant. Or, the period may come every week or two weeks instead of every 28 days. If the female tonic is causing any side-effects, just reduce or eliminate the dosage temporarily.

Dr. Schulze told me that in many cases, he could not wait for women to cleanse to get results. There was no time to slowly increase the dosage. He had to start high and then drop it down. These women were suffering so badly that they would not wait a week or a month for anything natural to work. By then, they would have gone to the doctor for medical hormones, or for surgical procedures. So he had to act fast, give the woman relief, and then give the cleansing time to work.

Information for women who are not responding well.

Whenever Dr. Schulze had a case that was "stubborn," whenever he wasn't getting the response he wanted — he started using herbal teas and not just tinctures.

Dr. Schulze did not normally begin with teas, because patients didn't like to take the time to make them. Tinctures were quicker. The problem with tinctures is that some healing components of herbs are extracted with alcohol, and some with water. This would change from herb to herb.

It's possible with a tea that a patient would get healing components *not present* in the tincture. Dr. Schulze first learned years ago on a patient who suffered from skin rashes all over her body. She had been using high doses of echinacea tincture to boost her immune system and stop the rash. But it didn't work.

She asked Dr. Schulze if she could use echinacea roots and make tea, and would that work. He said he didn't know, but she did it anyway, and within 48 hours, -her rash was gone.

In many difficult cases since then, Dr. Schulze has used both tincture and herbal tea of the same herbs, because both provide the patient with a *different* set of healing chemicals.

You can make some or *all* of the herbs in the female formula as a tea. That is one of the primary ways the Chinese use Dong-Quai. They make a tea out of it.

When you make tea from these herbs, there is no rule on how much to use. You can put several teaspoons of cut herbs in a teapot, or make it stronger. You will have to experiment. If an herb you are getting is weaker, you will need more of it.

So, when things aren't going as well as you want, there are several things you can do:

- 1) Increase the dosage of female formula in tincture form;
- 2) Take the female herbs as teas;
- 3) Make sure you have done the entire cleansing program. Repeat it as often as necessary, or increase its intensity. If you are that out-of-balance or ill, you may need the full Incurables program.
- 4) Eliminate scar tissue from your ovaries with castor oil packs, bodywork to the area, and applications of hot and cold to the ovaries.
- 5) Improve your food program; possibly add 1 / 2 ounce to one ounce or more of wheat juice. Be careful with wheat grass juice. It is extremely powerful, and you must start with small doses like one-half ounce. Dr. Schulze added this to the program in about one-half of the cases.
- 6) Eliminate emotional factors that could block you from getting better such as stress from a bad mate, a job you hate that is making you sick, or throw out physical objects (pictures, mementos, etc.) in your home that remind you of previous bad times in your life and can truly keep you sick. Don't let your home or apartment become a mausoleum of bad memories.

Women who need male hormones to balance their bodies.

SCHULZE: I did have women who came in who were too, I'm going to say "yin", the Chinese meaning, "soft or feminine." In other words, these women were so wimpish, they couldn't make a decision about life.

When their hormone crash hit, they became the biggest wimps of their life. That's what happens to any man or woman without hormones — their "spine" is gone.

I mean, we laugh at women with PMS, pre-menstrual syndrome, which is hormonal. Hormone crash causes the same loss of will. As husbands, we say, "Would you like to go out to dinner honey?" *"I don't know."* We go, "Well, what kind of food would you like?" They go, *"I don't know."* And, if you finally can pick out a restaurant and get there, you say, "Where would you like to sit." And they go, *"I don't know."*

When the hormones crash, there's no decision-making. There's no backbone. Everything because nebulous. The same thing happens in hormone crash as in PMS — except for a longer piece of time. These women were so feminine, they almost wanted to cry all the time. They were too sensitive. Too feminine. For balance, they needed more male energy.

So, one of the things that can help strengthen a woman is ginseng. Many people consider that to be a male tonic herb, but ginseng is a great strengthener for women. It would strengthen them up, make them feel more assertive and more able to make a strong decision and be affirmative, and not get *so* hurt by everything everyone *says*, or *does*, or *doesn't* do.

One dropperful three times a day of strong ginseng tincture can really pump up a woman's strength — taken along with the female herbs we have already discussed. Of course, I don't mean the junk ginseng in the healthfood store. I mean the real stuff from Chinese herbs shops. The best ginseng

for a woman is the wild American ginseng (not the cultivated kind). The American wild ginseng gives a "slow burn" for building up a woman, as opposed to the Asian ginseng, which gives a fast kick.

I would also give these women sometimes the male tonic "hormonal" herbs like sarsaparilla and saw palmetto. Take these as a tincture, a tea, or both.

"Estrogen *definitely* causes cancer. Any medical or wholistic doctor who underplays this risk, or says it doesn't, is a *liar*."

BISER: *But aren't doctors using smaller doses of estrogen, or combining it with other female hormones to minimize the risks?*

SCHULZE: Sam, if women think hormone replacement therapy is safer today, I suggest they go pick up a copy of the Physicians' Desk Reference at most book stores.

This book has disclosures from drug companies on every drug in production. It contains thousands of pages of all the side effects and killer diseases caused by taking pharmaceutical drugs.

I always had a copy of this in my clinic and showed every patient the real truth about the so called mild or harmless drugs the doctor had put them on. When my patients saw the endless diseases and death caused by the drugs they were on, well, I never had to convince any of them to stop, this book did the job for me.

In the copy I have here, the 1995 edition, the manufacturer of Premarin, the number one prescribed estrogen drug, covers the hundreds of problems on pages 2588 through 2601. If the women of America read these pages, estrogen therapy would be on the way out, just like cigarettes.

In these pages, the manufacturer warns in bold letters that numerous independent studies concluded that there is "an increased risk of uterine

cancer in menopausal women who take estrogen for over 1 year... Estrogens can cause other cancer tumors of the breast, cervix, vagina and liver... Estrogens should only be used when clearly needed." They increase the risk of cancer up to 13.9 times.

Estrogen may eliminate *some* symptoms of menopause. Then when you die from the cancer eating you alive, you'll have nice smooth skin. You'll have a good complexion in the casket at your funeral.

"Medical hormone therapy kills the organs it's trying to help. Giving women estrogen kills their ovaries."

BISER: *Who would take or do anything that would increase their risk of cancer 14 times?*

SCHULZE: Only a woman who didn't understand would do it.

But the problem is even worse than the risk of cancer. What hardly any woman understands is that when a woman gets cancer from the estrogen, and she probably will, then the doctor immediately takes her off the estrogen, no wean off, no 30-day reduction of the drug, but a cold pronouncement: "You can't use it anymore." That's because doctors are worried about the hormone pills making cancer worse.

BISER: *What happens then?*

SCHULZE: These women crash and burn. It is like the rug was pulled out from under them. They have been ripped off this drug that their bodies have become dependent on. When you take a powerful drug like that, it tells your ovaries to go to sleep.

When you start using any drug, especially one that your endocrine system is supposed to manufacture like insulin, thyroxine, estrogen, whatever, these endocrine organs fall asleep.

When you start using estrogen, your ovaries detect it. So why would they ever want to produce any estrogen? This becomes a crutch and your ovaries produce less and less estrogen.

The more you take of it, your body gets worse; it's like chemical sterilization. What little estrogen the ovaries were producing, well, there is no need for them to produce it anymore. They detect large levels of it in your blood, because of the doctors pills, and so they atrophy, shrivel up and die.

Then, when cancer begins, the doctor takes the woman off estrogen, because any medical doctor immediately takes a woman off of estrogen, or any hormones, when they have cancer. They know estrogen itself is carcinogenic.

These women are just shoveled off into the gutter. They were swept under the carpet of medicine and crawled on their hands and knees into my office crying and begging. Because you cannot take away a woman's hormones without destroying her life.

BISER: *What did you do for these women?*

SCHULZE : First, I always gave my female balancing formula, and we'll get to that in a moment. Here is one *typical* horrifying case. It may sound like an extreme case, but I had many like this. It's not something a woman who goes through it would want to talk about it.

She was a 54 year-old woman from Santa Barbara. She had been on estrogen for about 5 years for menopause, prescribed by a real close family friend who was a medical doctor / gynecologist.

This is *the* standard treatment. Walk into a gynecologist's office and say, "I'm having menopause," and you are going to walk out with a prescription for Premarin or estrogen.

Another shocking fact is that this guy didn't even give her any of the warnings you are supposed to give with the drug. She had a family history

of cancer and a family history of gall bladder problems, and for both of those family histories, estrogen is contra-indicated.

He should have *never* put her on it with anybody in the family having cancer. So that was crazy, and then he didn't do the follow-ups suggested by the drug manufacturers, which is *typical* of all doctors.

About 5 years after he started her on the treatment, (which was in her late 40's), she developed some vaginal bleeding and went back to see him. He did a biopsy, because he saw abnormal tissue and she had a malignant uterine cancer. He felt it had metastasized, which basically means you're dead. He felt she only had a period of years now, no matter what they did.

He immediately stopped all her estrogen, cold turkey. That is what a doctor has to do the minute a woman develops cancer. Within a few months, this woman physically degenerated probably faster than any other one I had seen. It was like one of those Sci-Fi movies when someone who looks 30 runs out of their elixir of youth, and then in the next minute they age 150 years and turn into an old person, and turn into dust.

It was shocking to see what can happen to a woman who has been pumped up artificially with estrogen for five years, and now suddenly gets the rug pulled out from under her. The next thing I got was a call from this doctor, and he was begging me.

He said, "Look, this isn't a patient, this is a friend of the family, and she is really ill, and is there anything you can do to make her more comfortable?" I said, "Sure."

It was shocking when she came in. Her vaginal area had dried and shriveled up badly. It was cracked, and she was bleeding from the cancer, and her vagina."

BISER: *Where was the cancer?*

SCHULZE: The cancer was in her uterus, which is typical of estrogen use. It's the No. 1 cancer women get from taking estrogen, which is cancer of the inner lining of the uterus, or uterine cancer. She had it and it had metastasized. But she also had developed vaginal infections because of the open sores in her vagina.

The inflammation was so bad that she could barely walk because just the movement of her legs, one going in front of the other would cause bleeding in the vagina and her pain was extreme. She said she had a hard time sleeping at night. When she came into my clinic, she had her arm around her girl friend and she was limping. I mean, we are talking severe vaginal infection, bleeding, inflammation, cracking.

BISER: *And the doctor couldn't stop any of that?*

SCHULZE : He couldn't. He had to take her off estrogen immediately because of her malignant cancer and so they have nothing. Nothing. They have petroleum jelly, and, of course, that doesn't work; the body even rejects it.

She was also losing her hair and was remarkably bald for a woman. She gave me a little demonstration and pulled a clump of it out in her hand, which was kind of scary. She was also growing a serious moustache, which is another side-effect of estrogen intolerance.

The first thing I wanted to do was help her and give her some temporary relief. I used jojoba and tea tree oil. Jojoba penetrates the skin whereas all the other oils sit on top. And tea tree oil, in a light dose, is very anti-inflammatory. I used 91-95% jojoba oil and the 5-9% tea tree oil.

We got her upside down and just filled her up with 16 oz. of solution. that offered immediate relief During the next couple of weeks, we also filled her vagina up with aloe vera, and then flaxseed oil, which is a great anti-inflammatory soothing, healing oil.

A couple weeks went by. Her inflammation was down. The sores were being healed, and the bleeding had stopped from her vagina, but she was still having bleeding from the cancer in her uterus. Then we started with garlic clove implants.

I couldn't use garlic immediately, because she had all these open sores and garlic would have made her in pain worse. But now the pain was gone. So we proceeded.

We had her immediately start on the female tonic formula. I got her own hormones kicking in, producing her *own* estrogen and her own natural lubrication. Of course, we did the other cleansing and detox programs.

We got rid of the vaginal trauma in two weeks. She ended up being so impressed by this that she decided to go all the way and actually reversed her uterine cancer.

After a month on this treatment, she told me she had too much mucus in her vagina, too much discharge, and I've had this happen a thousand times, and I'm like, "Let's not worry about that right now, you can wear a sanitary napkin. Let's let all the mucus flow that we want." This is not uncommon. I've also had many women call because their period came back, although it had stopped years ago. When their hormones got back in balance, they became fertile again.

Her appearance was dramatic. Not only did her hair stop falling out, but her wrinkled skin went away. Once her hormones got balanced and once she was feeling better and exercising, she looked like she lost 20 years. She didn't even look old enough to go into menopause.

After it was all over, the doctor yelled at me. He said, "I asked you to fix her inflamed vagina and make her feel better, *not* heal her cancer." He was *pissed* I told him I didn't give a damn about *his* ego or stepping on *his* toes. *My job was to help this poor woman heal herself and not just her symptoms, but anything* and everything she wanted.

BISER: *You said you gave this women your female balancing formula. I know this contains herbs that stimulate female hormone production. Isn't that dangerous in a cancer case?*

SCHULZE : No. This is the best part. The herbs don't contain any estrogen. These menopausal women would be on estrogen for years, then eventually develop cancer. The doctor would immediately rake them off of the estrogen because you can't use it if you have cancer.

They would *crash* and come to me. I would start them all on my Female formula, and they would feel great in a few days or hours, as soon as we discovered their dose. I had medical doctors monitor numerous patients I did this with, and *none* had any increase or complications with the cancer like they would have if they would have continued to use estrogen.

Their menopausal symptoms went away and if they would work with me on the programs, we got rid of their cancer too.

BISER: *These herbs are not supplying hormones?*

SCHULZE : No. Only one herb in that formula has natural plant chemicals that have been used to synthesize hormones. But no actual hormones are in there.

These female tonic plants contain substances the body needs to manufacture hormones, like nutritional substances or nutritional chemicals your body needs to build estrogen, and other plant chemicals that wake up your ovaries.

If you have had vaginal discharges over the years, or recurring odors, or vaginal infections, then the chances are real high that you have scarring in your ovaries. That can block your ability to make enough hormones.

SCHULZE : Over the years, bacteria caused inflammations that built up and created scar tissue. You can have scar tissue in your uterus, your Fallopian tubes, and in your ovaries.

To break up the scar tissue, there are three things you must do: 1) Castor oil packs over the ovaries. If you draw a line from your belly button to the middle of the crease where your legs join your torso; stop in the middle of that line halfway down — and that is where your ovaries are. Castor oil breaks up old, crusted, crystallized stuck areas.

2) To break up hardened tissues, use deep massage. Press deeply into that area and work it, increasing the circulation and breaking up adhesions.

3) Use hot and cold compresses, as hot as you can stand and as cold as you can stand. Repeat at least seven repetitions of hot and cold. Use a hot water bottle and an ice pack. You can do this and then follow it with deep massage and then castor oil packs.

Almost every woman needed to do some of this to restore her femininity. It's part of being reborn after age 40.

Out-of-control medical emergency: vaginal hemorrhaging stopped by cayenne.

SCHULZE : I had a woman who was working with a colleague of mine on her cervical cancer. What happened was gory, and I think it occurred because he was being too aggressive with the patient, in massage and kneading the area, kind of like picking a scab on a wound.

It's something that never happened to me, but I want your readers to know how they can handle urgent situations with herbs.

She had a little bleeding, a little dark discharge, and everything was going great. Then I got a call about 5:00 at night. Her doctor said, "I have this woman in my office and I think she's bleeding to death."

And I go, "What do you mean?"

He said, "She's hemorrhaging."

And I said, "Well, this is what 9-1-1 is for." You know, 9-1-1 is for that half a percent of medicine when we are dying, when the leg is off on the other side of the freeway. And he says, "She won't go."

And I said, "What do you mean, she won't go?" "She said she would rather die than ever go to a doctor or hospital." I understand that, I respect that, and he says, "Can you come over right away?" Now this is 5:00 in Los Angeles.

This is why I own a motorcycle, because that would take 3 hours to get to Burbank at 5:00. I got on that motorcycle, I white-lined it. I was probably there in 25 minutes.

He said, "Just come in, the door's open." I open the front door and there's a pool of blood in the living room six foot in diameter — and he's got a sheet in it, because they tried to soak it up

I go in the bathroom; she's sitting in the bathtub, and her face is white. She looks unconscious and she's naked in the bathtub.

They put her in the bathtub because she's bleeding, and there is blood streaming out her vagina going right down the drain. Okay, she's hemorrhaging.

I run to the kitchen to get my first-aid bag with me. I run some hot water right out of the tap into a pot. I throw a couple of handfuls of cayenne peppers in it.

I grab a turkey baster and just suck it up in there. I run into the bathroom, and I put the turkey baster right in her vagina and I give her a full cayenne douche. And the minute I did that, I saw her eyes light up. Of course, it must have been extremely painful.

"I gave her a shot of hot cayenne tea in her vagina. The bleeding stopped in two seconds."

SCHULZE: Now she's still in shock from loss of blood, so the first thing I did was I took my cayenne tincture and gave her a big mouthful of it because when the face is white, get the cayenne in the body.

Her face turned red and I thought, "Okay, she's going out of shock. She's looking better." She's had loss of blood. The bleeding stopped within 20 seconds.

BISER: *I thought you said two seconds.*

SCHULZE: Two seconds for the bleeding here, but within 20 seconds her face was red, and she looked back to normal. I thought, "We've got to get some nutrition into her." She's lost a lot of blood so we mixed some superfood with some juice and got it in her.

And she took it down, looked at me and vomited it all over me. It was like the movie, "The Exorcist." So I took the cayenne tincture out and gave it to myself, because I was starting to feel a little sick. I gave her a little more cayenne tincture.

What came out of her vagina, not only in the blood, but the drain got clogged, because there were these chunks of, like, liver and flesh. This wasn't blood clots, these were fleshy parts.

She collected them, put them into a canning jar, took them to her holistic doctor, and he said it was cancer. These were pieces of cancer that had come out of her body. This was what I might say an extreme healing crisis.

She and her doctor were doing work that was probably a little too far, they weren't letting nature do it. As I said earlier, they were pushing it a little, almost like picking a scab, if I might say.

You just have got to let nature do its job. And they were going beyond that. Pushing too hard. A lot of this comes down to common sense, and they weren't using it.

Now this was twelve years ago, and that woman is a school teacher, alive, well, I'm going to say 65 years old.

Okay, you know, people are always saying, "You could have been sued; she could have died." They always say, "Don't you think that was a bit much? The cayenne douche?" The woman doesn't think it was a bit much. Okay, I don't know anybody out there who would suggest filling a turkey baster; it's a non sterile instrument. That's all I hear.

The bottom line is this woman is as happy as a clam; she will never go see a doctor now and all these natural healers are just paranoid. They're wimps.

BISER: *These were not chunks of liver coming out of the woman — it was a lot of cancer?*

SCHULZE : Absolutely.

BISER: *I thought cancer was white, but it's brown?*

SHULZE: Most of the cancers I see have brown on them. They also have sometimes little balls in there. Sometimes they have white strands that are stringy.

Sometimes they are like larger, saucer-kind-of-shaped, like a classic flying saucer, but with tentacles on them.

BISER: *And you've seen that coming out of the uterus?*

SCHULZE: Yes, absolutely. Coming right out of the vagina. People need to be educated, because this is what doctors see all the time, but they don't tell anyone. They wrap it up, put it away, put it in the dumpster, and say, "You're fine, Mrs. Jones." You know what I'm saying?

BISER: *If you don't tell stories like this, then when something happens, a person could just pass out, out of fear.*

SCHULZE: Oh, they call 9-1-1. They think this must be something unique. I must be dying, whatever. Dr. Christopher knew all this.

He knew that when you went to people's houses, you had to get down and dirty, you had to get your hands dirty. If someone was constipated, you might have to stick your finger up their butt and pull the fecal matter out.

You might have to get your hands up their vagina, put your hands down their throat, up their nose, get yourself covered with urine, fecal matter, and vomit.

BISER: *What's better...seeing a woman naked or seeing a woman dead?*

SCHULZE: I know. This is what I'm saying. If you're going to deal with natural healing, you have to be able to work with your daughter, your wife, your son, your husband. You know what I'm saying? This brings a family together. What can I say? I mean we are all humans; we're saving people's lives here. You can't be afraid of a little fecal matter.

"When you get stronger, disease will jump out of your body."

BISER: *If people are going to do this at home, they need to know what to expect or they will pass out with a heart attack seeing this stuff! You'll think you'll have to go to a doctor, because this is abnormal.*

SCHULZE: No, it's absolutely normal and I always see it with cervical and endometrial cancer. These tumors come out in parts. They don't all just pop out at once.

I have seen an elongated tumor that came out of the uterus that I thought was part of the uterus wall. It was like the whole side of the uterus, I mean, this woman thought she was doomed, but she was being cured.

The body knows how to do everything. It knows how to do surgery, it knows how to dissolve tumors, and it will do it the most efficient and best way. We have lost our trust in God and in nature, but they will cure us.

Chapter Twelve

Prostate Cancer

Prostate Cancer

In this chapter, we give additional information not covered on the videotapes. Together, the tapes and manual give you the full picture.

"The man's prostate was so encased by the tumor that doctors couldn't even see it. The tumor was wrapped around the gland."

SCHULZE: This is why they had done an MRI. They were afraid if they started digging in there they would not only have to remove the entire prostate, but redesign and manufacture at least the urethra tube and remanufacture the bladder.

Sometimes they have to remove the whole bladder, and it's like you have stripped a person of their urinary tract And you have to start over. This patient did not relish the idea of that at all. The man was an engineer in his early fifties.

BISER: *How long did they give him if he didn't take care of it?*

SCHULZE: No time at all. They said it would spread and metastasize. It could be only a matter of months before he was dead. What they suggested was a complete removal of the prostate, the tumor, the urethra and most likely the bladder. One thing this guy had going for him is he was very healthy. It sounds crazy but he did a lot of 10 kilometer races.

He was thin and was not overweight. This can be very deceiving, because he was a very big meat eater. Lots of red meat, lots of animal products and smokes a little bit. Even though he exercised, he still had a few cigarettes here and there. He had a cholesterol level of around 300.

At the same time, he had the kind of dedication that sometimes you get with runners. He was willing to do anything, "Tell me the program; I'll do

it." He was a good patient. He did everything. He did rectal suppositories, the boluses we mentioned in connection with cervical cancer, and garlic, rectally, to work on that area because garlic will penetrate through the wall of the rectum and go right into that area. He did a lot of bowel cleansing.

Garlic implants for prostate cancer.

BISER: *What kind of suppositories did he use?*

SCHULZE: Mainly the garlic implant. He did a lot of garlic implants. He just took a garlic clove, peeled it and bruised it, and inserted it into his rectum.

BISER: *One at a time?*

SCHULZE: Once a day he put a garlic clove in.

Hot and cold castor oil packs for prostate or other cancers.

SCHULZE: He was constantly doing the colon-cleansing herbs. He did the total incurables program, and did castor oil packs between the anus and the testicles, over that whole area. The first thing he noticed was that the tumor did not shrink in size, but it softened. It was very, very hard, and, of course, this is what castor oil does.

He did the castor oil fomentations hot, but then cold in-between.

BISER: *Say that again. What do you mean, castor oil hot and then cold in-between?*

SCHULZE: If you put a castor oil fomentation on, you can just put that on the body and put the hot water bottle over it and keep it hot.

But, if you really want to activate the area, put a hot castor oil pack on for 10 minutes, pull it off, put an ice bag on there for 5 or 10 minutes, pull that off, and put the hot castor oil pack back on.

With the prostate, you really need to increase the circulation. It's at the bottom of the pelvis. That area can get stagnant, especially if you have a constipated bowel and all of that. That area really just gets very shut off. He had hemorrhoids, too, and he used to put the heating balm on his hemorrhoids. He had to be a bit brave to do that — because it's an ointment made with cayenne. But that really stimulates the blood flow. [The formula for this cayenne ointment, now in oil form, is given in the chapter on arthritis.]

BISER: *So the cancer softened?*

SCHULZE: Yea, it softened, but it didn't shrink. And it got softer and softer and softer, but it still didn't shrink in size. He had gone back to the doctors, and the doctors were saying, "You are just letting it get bigger."

He felt really good about the changes. It had felt like a baseball; it was that hard. And now it was starting to feel like a soft rubber ball. Same size. He just kept up using the incurables program. He was really into it.

He was really into the treadmill. I would say that it was about 4 months, 3 1/2 to 4 months into the program, when he said.. .he was doing a lot of his own massages too. Really working that area, stimulating that area. He was starting to say, "It's feeling very spongy. I think it's starting to get smaller and breakup. And, sure enough, I would say by 6 months, it was about 50% reduced in size.

BISER: *Did you ever do the poke root poultices on it?*

SCHULZE: Yea, absolutely. Everybody does that.

Hot and cold enemas.

BISER: *How often compared to the castor oil?*

SCHULZE: I think he did the castor oil on alternating nights. Castor oil one night with the hot and cold routine, the next night a poultice. He was

even doing some extreme-temperature enemas to stimulate circulation that way.

BISER: *What do you mean? Ice cold enemas?*

SCHULZE: Not ice cold, but very cold.

BISER: *And then he did hot enemas?*

SCHULZE: Warmer than body temperature. Like 103 degrees.

BISER: *How long for each one?*

SCHULZE: Just quickly putting the cold enema in, holding it for about a minute, letting it out, putting the hot enema in. That is a great way to stimulate blood flow.

He was very dedicated, and, of course, juice fasting is dramatic. That is one of the powers of the beginning of the incurables program, the 30 days of juice fasting. It's dramatic what can happen during that time. The tumor softened up. It got smaller, but his prostate still felt enlarged.

Over about 10 months, he couldn't feel anything there anymore. He was having constant PSA tests, and his PSA tests were very elevated. His oncologist finally started saying, "Hey, whatever you are doing, go with it," because his PSA level was dropping.

When he started out, it was, I'm going to say 5,000. It was incredibly high. I think what is considered normal is 4. You don't hear of many cases of people with a PSA test that high. It started going down and fluctuated up and down, but it was gradually, over a period of time, going lower.

When it got to about, I'm going to say 500, the oncologist finally had to lay, "Look, I don't know what you are doing, but whatever you are doing, you are headed in the right direction."

The PSA, eventually, absolutely normalized. The man never let them do any more invasive work, and he is alive and well now. Has no pain or

sensation there at all, and I think his PSA count is like 3 or 4, right down into the normal range.

BISER: *Did the doctors say anything significant or just dumb stuff?*

SCHULZE: The doctor confided with him at some point, and said something like, "If I were you, I may have done the same thing."

The surgery would have been so invasive. No man likes the idea of getting cut between the testicles and the rectum and having large amounts of flesh removed. You end up having colon surgery, and you could have had a perfectly healthy colon. That is a horrible thought. That has been done to many people. Even the oncologist at one point said something like, "More power to you."

I've never met an oncologist who has sat down and said, "Wow, this program worked." They just think you are lucky', that you are one of the lucky ones who went into remissions. They absolutely do not believe in the power of these programs. Doctors have no training at all in the body's ability to heal itself from degenerative disease.

It must have been a year later when he went off his program and diet and slipped back. Sure enough, he felt something down there again. He felt some twinges, some sharp pain. He had to get back in alignment with his program.

This is very common with people with cancer. Cancer comes and goes. People who have cancer have to know that, so they can monitor that area. It didn't necessarily mean that he had cancer again, but there was inflammation in the prostate. He just had to snap to it, and get right back on track.

This was quite a few years ago, I'm going to say 5 or 6 years ago. He has never had any problems since. He isn't on the incurables program, but he doesn't eat meat anymore, either.

"I've had prostate cases where you can't detect that there is a tumor. The patient doesn't feel one, but they are peeing blood. They are just filling the toilet with blood."

BISER: *You mean instead of pee, it's blood?*

SCHULZE: It isn't quite full blood, like if you just pee total blood, but it doesn't take much blood in the urine for it to turn real red.

BISER: *Why the blood*

SCHULZE: Because the tumor has broken into the urethra tube, and is leaking in there. So, they are hemorrhaging and they are urinating blood. This is a horrible sign, because now you have infection and cancer and everything else going back up into your bladder. The integrity of your urethra tube is gone.

I've seen blood coming out the rectum, pus coming out the rectum, and even discharges of material tissue out of the rectum. Again, all this anatomy is connected, and the prostate is touching the rectal wall. When an organ gets diseased enough, it tries to get that material out of there. If the prostate can't get its material out through the normal channels — through your colon, your blood stream, your kidneys, whatever — then it will push it right into the rectum.

I had one man who was in agonizing pain with his prostate cancer. I find that with many people, the agonizing cancer pain is gone within 7 days on the incurables program, usually less. This is something they never believe me on until they see it happen.

BISER: *Not even pain herbs —just the program.*

SCHULZE: No, not even pain herbs. Most people, I would say, the average would be 4 days, but it's a guarantee within 7 days. The pain of that cancer

is going to be gone or so far reduced they are not going to need to take the morphine. This man was on morphine 3,4,5 times a day. And he was off his morphine in less than a week. [Editors note: More on pain in Chapter 21.]

BISER: *How bad was his prostate cancer, at its worst?*

SCHULZE: His prostate cancer was malignant. He had no major outward signs of swelling that he could feel and / or he wasn't urinating blood, but he was in extreme pain. Obviously, it had affected some nerve endings. He was in drastic pain in the genitals.

Of course, he had numerous warning signs. No one wakes up one day with cancer that he hasn't ignored. When it finally set in, this man was in drastic pain. This is the one thing that is so powerful about the incurables program. I've had people with liver cancer on morphine 4 or 5 times a day with liquid morphine — and I got them off.

"When a doctor prescribes morphine for you, and you have cancer, if he hasn't said so, that means he knows you are dead."

BISER: *So, if doctors give you morphine 4 or 5 times a day, they do not think you are going to get better?*

SCHULZE: Yea. They do not prescribe morphine to people they are going to do surgery, chemotherapy, radiation on. They give it after all hope is gone and they have failed.

When the doctor gives you the big bottle of morphine liquid and says, "You can get all the refills you want," he knows you are not going to be around too long. He is not worried about you becoming a junkie.

What I've always --seen is a drastic and dramatic reduction in the amount of morphine — if not total

The body is starting to applaud your efforts. For maybe the first time in your life, you've added all these wonderful things that are helping. You have taken the pressure off.

When you stop eating, you have so much more energy. Sixty percent of the body's energy, or more, is used to digest food. Three meals a day. You stop that, and all that energy can go to heal you. Boost your immune system. Eat up cancer tumors. It's dramatic. His pain was gone in less than a week.

BISER: *Did his cancer go into remission?*

SCHULZE: Yes, his cancer went.. it was a pretty quick one.. like I said, he had no tumor, palpable tumor, that he noticed. He was just in extreme pain.

They did a biopsy again. In fact, he was in worse pain after they did the biopsy. They said that he had malignant cancer of the prostate, and he was in and out of my office, I'm going to say for 3 months. He did the incurables program.

He didn't even stay on it the full 30 days, I think he was good for about 20 days, and then he had some pasta or something, and I yelled at him. I kept getting him back into alignment, but he felt good; it was hard to keep him on track. He was off the morphine, his pain was gone, and he had a couple of PSA tests, and then gave up on his doctors — which is what so many people do.

BISER: *Have you ever had prostate tumors that came out through the skin?*

SCHULZE: No. I've never had them come through. They are usually pretty encapsulated. They get big, and you can feel them in the rectum, inside the rectum. You can have pain there, and you can even feel them when they are bulging out in-between the testicles and the anus.

They will bulge out, but I've never had anything come or break through the skin. I think it's because the prostate is a gland; it's very encapsulated. It's a very muscular gland.

BISER: *You never see pieces of the tumor come out?*

SCHULZE: No. All the people who I have had with prostate cancer just kind of.. you get circulation going, it dissolves. Some of the people who were peeing blood have urinated out some pretty horrible-looking stuff. A lot of pus.

Richard Schulze's Prostate Formula

BISER: *Have you ever put poke root just inside the rectum?*

SCHULZE: No, but it's not a bad idea. I've put the poultices on usually between the testicles and the anus, castor oil there, too.

I also use a prostate formula for these men. The formula is:

four parts Saw Palmetto berry

one part Cleaver's herb

one part Nettle root — not leaf

one part Thuja leaf

Mix all these herbs together as a tea, and add a couple of squirts, 70 drops, of my kidney / bladder tonic. [This is the formula given in the chapter on kidney problems.]

You take this as a tea and take six cups per day. If you can't get any of these herbs, use saw palmetto as a tea and add kidney / bladder tonic and drink 3-6 cups per day. The saw palmetto tea tastes pretty strong.

Thuja is a quite-famous blood-cleansing herb that has been used throughout American history. It's quite famous with the old, eclectic doctors. It's really out of vogue with a lot of the new herbalists. For the old herbalists,

it was one of their most popular blood cleansers. It's a conifer. Like a pine tree. And I like to use it as a blood cleanser, and I've seen it work really well with people.

Incorrect diagnosis of prostate problems.

SCHULZE: So many people come to me who are diagnosed incorrectly. I have men come to me who say, "My doctor says my prostate is enlarged and I have a PSA count of about 10 and that's abnormal."

The patient is told to have a major biopsy, but if not, have their prostate reamed out, and maybe even removed. I said to one such man, "What was your PSA count last year?", and he said, "I don't know, I never had one before." And I said, "What was the size of your prostate last year?", and he said, "I don't know; I never had it checked."

Well then, how do they know that it's enlarged? And how do they know that his PSA count is elevated for him. They are comparing him to Gray's Anatomy. And we don't all fit that. You must use your own point of reference — not the normal American's.

So, if you walk into a hospital, if the two of us were to go into a hospital right now, run all the tests, we'd all be scheduled for some procedure.

You know why... we're not perfect. Oh, you'd be in there for liver work, and I'd be in there to have a valve changed on my heart, your wife would be in there for a colon resection. If you let them go far enough, they will find a problem. We're not all the same.

What happened with this man should be basic science. In order to deduce a direction, you have to have two dots. In the past, this man had been involved with drugs, had been promiscuous, and was on a bad food program. With only one test in that

PSA range, you don't know what's going on. I said to this man, "What have you been doing the last two years?" He says, "I've been a vegetarian, I've been exercising, my relationship has healed, I've gone through some psychotherapy."

So I told him, "Personally, if I had to judge where you are right now, I'd say your prostate in the past was probably larger. And I'd say that your PSA count was probably higher."

I said, "How dare they deduce that you were down here and you're going up. I'd say you were up and you're going down." And he loved that so much that whatever was wrong with him healed instantly.

Additional Notes from Sam Biser

Please make sure to read the information in the chapter on cervical cancer, because much of this information applies to men as well. Also see the chapter on immune system formulas.

Chapter Thirteen
Brain Cancer

Brain Cancer

To begin this chapter, I include more information on a case of inoperable brain cancer mentioned on the videotapes, Volume Ten. This man collapsed daily from seizures caused by the tumor. He followed the methods given on the tapes and supplemented in this chapter, and he completely recovered.

Doctors said, "Go home and enjoy what little is left of your life." But he recovered, and if you have brain cancer, you can too.

SCHULZE: His tumor.. I saw the x-rays and CAT-Scans on this. I'm going to say it was the size of a quarter. It was round like a walnut. It was in the center of his brain, and so inoperable, they couldn't get to it.

RISER: *They couldn't operate?*

SCHULZE: No, they said it would kill him to operate.

BISER: *And they couldn't do radiation?*

SCHULZE: They didn't want to. They knew the damage that would be done, with no possibility of a cure, so they said, "Go home and enjoy what little is left of your life." He was a 35-year-old marketing executive.

He used to just fall down and have two grand-mal seizures a day. He was just covered with cuts and bruises.

BISER: *From falling down?*

SCHULZE: Oh, absolutely. Well, you know, he couldn't do his marketing work anymore. Obviously, you can't walk into people's offices and have a seizure, so he didn't have any money.

His father put him to work just doing odds and ends. His father was a painter. And this patient went up on scaffolding about 20 feet in the air, had

a seizure up there and slid all the way down onto the ground and was lying in the snow.

That's when his father called me. He'd heard about me and sent him out to California.

I picked him up in a car once and, as I was driving, he started having a seizure. His body was straightening up and then relaxing, kind of like straightening and relaxing. Each time he'd straighten, he went all the way up against the roof of the car into the steel. I thought he was going to put his head through the roof of the car. I mean, it was just bad. I thought he was going to break his neck, or have a concussion.

BISER: *How long before there was any relief?*

SCHULZE: I'm going to say within the first to second week. But he was a good patient. I mean, he stopped eating all animal products, got the juicer out, did juice fasting. We put him on large doses of the nervine herbs.

BSER: *What do you mean large doses?*

SCHULZE: I'm going to say four dropperfuls of tincture six times a day. At first, we put him on the nerve sedative ones. We put him on lobelia, a lot of lobelia, and Dr. Christopher's B & B, which is blue cohosh, black cohosh and lobelia. You can add skullcap and blue vervain, but it's not necessary.

The main ones are black cohosh and lobelia. It's a classic. By the way, when I say B & B Tincture, I recommend you make it at home in your kitchen. The commercial sources I have seen have been weak.

BISER: *What did you emphasize first?*

SCHULZE: The first thing was changing his diet. It was loaded with Coca-Cola, sugar, and animal food. He had severe hemorrhoids because he was so constipated. So, we did bowel work to get that bowel clean, stopped the bad foods and then we went into the black cohosh and the blue cohosh

and lobelia in large doses. And, at the same time, I weaned him off the Dilantin, the anti-seizure drug.

BISER: *Did the lobelia and the skullcap help get him off that?*

SCHULZE: There's no question about it.

BISER: *What did you do to start getting at that tumor?*

SCHULZE: Nothing really. The first thing I was concerned with was just getting him to stop the seizures, because I thought he was going to kill himself.

When he was in public and had a seizure, they'd call the paramedics. The paramedics would take him to the hospital. You know, it was just this horrendous routine, and he was beat up from head to foot. He was black and blue. And, of course, these weren't what are called petite-mal seizures where you have a little blackout.

These are what are called grand-mal seizures, where your body becomes rigid, you foam at the mouth, you bite your tongue off, you lose bladder and bowel control. Every time you have a grand-mal seizure, they think that you might lose a little bit of your brain tissue. It's that dramatic.

And so, his blackout periods were getting worse and worse. His memory was going, his brain was checking out. And so my main concern at first was, "We've got to get his body cleaned out, but also get these seizures under control."

BISER: *Did you start compresses immediately on his skull?*

SCHULZE: Yes, everything. I think the first thing we did on his skull was we used the same, the black and blue cohosh and lobelia. We had him on those herbs and he was putting them in his ear with cotton and he was also putting them in fomentations over the head.

BISER: *Did you do that 24 hours a day?*

SCHULZE: In the evening — at bedtime. You know, one of the big things I have to say with him was that he stopped work.

Most people in this situation can't take any more stress. You know what I told him? I said, "Sit and watch the grass grow." These people need to de-stress at a maximum level immediately. They can't have any more stress for awhile. These types of people don't know how to relax.

Within a week, he didn't have any seizures and he was still on the Dilantin. He was on the Dilantin before and he was still having seizures. We started a weaning-down process on the Dilantin. We knocked the dose down quite quickly and I'm going to say in 30 days he was off the Dilantin and on the herbs. With his new program, he became a complete vegetarian, started exercising moderately, cleaned his bowel out, because he had a lot of constipation.

BISER: *That's where he was in a month — no seizures?*

SCHULZE: No seizures. And now, this is 12 years later, and he has not had his brain reCAT-scanned. I don't suggest people go back and get MRIs and CAT-scans. His Dad just sent me a letter to say that he had just had another child.

"I lost a 4-year-old with brain cancer because the parents did the incurables program but wouldn't take the child off the drug Decadron."

SCHULZE: This boy had all the side effects, and the swelling got out of control with the edema. These are all things caused by the drug.

BISER: *The parents weren't making the natural healing commitment?*

SCHULZE: No, it's tough. It's a tough place to be, because your child's life is in your hands. But I would suggest people either go to the route of the

medical doctors, or go the route of natural healing, but don't try to do both. They don't complement each other.

BISER: *Richard, that's the mistake of natural healing today. They want to get along with medicine, so they call it complementary medicine', It's less offensive.*

SCHULZE: Yes, that's what they're doing in England. They call it 'complimentary medicine', like we're complimenting medical doctors? Give me a break! What I am teaching your readers cures what doctors cannot. That's not complementary. That's a replacement.

You can use a clay poultice to draw poisons out of the brain.

Another type of poultice we haven't mentioned elsewhere is a clay poultice on the skull. Clay has strong drawing powers to pull out poisons. In England, in areas of clay, there is still radiation from Chernobyl that the clay has pulled into itself. You would use the Bentonite clay mentioned in the chapter on tinctures and poultices.

"The woman had a brain tumor, but the natural healers were wimping around, so I stepped everything up."

The case given below demonstrates how Richard Schulze changes the treatments given by regular natural healers. Typical healers play around with critical conditions. They seem afraid to charge in with more intensity and higher dosages, as if they might hurt someone who is going to die anyway. In the following conversation, Richard Schulze is referring to a woman patient at a clinic in England, where he was recently teaching.

SCHULZE: I trained 16 professionals this morning on a woman with a 2 centimeter brain tumor that is pressed on her auditory nerve. She can't hear now out of her left ear.

BISER: *What were the doctors doing in her case?*

SCHULZE: Not much of anything. The doctors suggested to carve it out, of course, but said there was a great chance she would lose her hearing, and maybe even have brain damage and paralysis.

BISER: *What about the natural healers?*

SCHULZE: The natural healers were not doing enough. They hadn't turned the volume up enough.

BISER: *OK, what were they doing and what were they not doing?*

SCHULZE: They weren't talking about her work environment. I discovered she works in a dry-cleaning factory. You can't get rid of a tumor when you're inhaling dry-cleaning fluid all day long. But nobody wanted to say that to her because that makes it very uncomfortable. I also took a look at other things in her life, because they had written down on her chart that she was a strict vegetarian.

By the time I got done with her, I realized she was on steak one night a week, pork one night a week, chicken one night a week, fish one night a week and eggs one night a week, and that was kind of the vegetarian that she was. And, of course, to have good circulation, you can't be eating that much animal fat. And there were dozens of things that everybody had missed.

BISER: *And what about herbs? Puny doses?*

SCHULZE: Oh absolutely (laugh).

BISER: *What were they giving her... tiny little bits of cayenne?*

SCHULZE: Absolutely. We're talking drops, like 5 drops in water.

BISER: *That's the cayenne tincture, right? Instead of 60 drops?*

SCHULZE: Yes, exactly. A little bit of this, a little bit of that, a little ginkgo and that's about it. I took what they had suggested for the whole day, of all the herbs, and that's what we used in the first hour. That was her first dosage

BISER: *And you were going to give her how many of those dosages?*

SCHULZE: Oh, 6 or 8 in that day.

BISER: *What did they say when you did that? That it's too much?*

SCHULZE: Yeah, and I asked them, "When was the last time they ever saw anybody hurt by taking too much cayenne, ginger, ginkgo, garlic, or red clover?" None of those herbs are toxic. You can't take too many of them.

BISER: *But they did tell you that's too much, Richard?*

SCHULZE: Oh, absolutely. Yes, but see again, my reputation over here is that I get people well.

Today is the first day we are working on her. I got her juice fasting immediately. We have her doing hot and cold showers on the head and ear. We have deep tissue repair oil around her ear, neck and skull. I've got people doing body work on her ear and her head. She's also working on her psychotherapy right now, changing her emotions, you know. She doesn't know what hit her. She thinks she's being run over by a natural healing truck.

Chapter Fourteen
Lung Cancer

Lung Cancer

Lung cancer is the biggest killer of women — not breast cancer. More women get breast cancer, but even more actually *die* of lung cancer.

Lung cancer is also the biggest killer of men, more than prostate cancer.

On the videos, and in these and other chapters of the User Manual, learn how to cure this disease at home, even in advanced stages. I now give additional details on a patient who had lung cancer, whose case was covered on Volume Twelve of your videotapes. These details illustrate basic principles involved in curing all such cases.

"If you have it in one lung, you can always take that lung out. But you can't have surgery on both lungs. You couldn't breathe; it would kill you."

SCHULZE: This was one of the worst, because he had lung cancer in both lungs. Usually, it's in one or the other, but his travelled from one to the other. The cancer had gone to his bone, to his sternum, he was having obvious severe trouble breathing.

There were tumors in both lungs. They didn't even do anything in the hospital. When it's that bad, they won't suggest anything. And once it's gone to the bone... it's too late. Basically, he was a smoker for 30 years.

BISER: *How long did they give him?*

SCHULZE: Six months. They said to go home. His brother actually brought him to me. He wanted to see if there was anything to do. His brother was a swimmer, and the patient was already involved in treadmill exercise, which was good.

BISER: *How could he do a treadmill?*

SCHULZE: It was limited. He was on there, in a sweatsuit, getting a sweat worked up a little bit. Having a hard time breathing, of course. He didn't appear to be as bad as what the doctors said, but a lot of times you don't feel it when it's that bad. He was starting to notice some symptoms. So, we went to work.

We are talking about a man in his late 60s. We put him on juice fasting for 30 days. It was dramatic, the changes he went through. Here's an interesting part that will be good for your readers. We put a lot of poultices on his chest at night. Right above where both his lungs were, he was sweating profusely every night.

Then all day long, he was sweating a lot through that area. We put more and more poultices on. We put poultices like this black poultice, drawing poultices, we put castor oil packs, and we obviously did lung herbs like lobelia.

BISER: *Lobelia tea?*

SCHULZE: Yes, tea and tinctures. And we did a lot of bowel cleansing. In fact, his brother was taking him for colonics 2 or 3 times a week.

BISER: *Did he have to inhale anything to get herbs into the lungs?*

SCHULZE: Definitely. They had brought a humidifier that you could actually put essential oils into.

BISER: *What did you put in it?*

SCHULZE: Eucalyptus is a great one. Eucalyptus and peppermint both dilate the bronchial and are also antibacterial. All tree essences like eucalyptus are antibacterial. And tea tree oil is a real nice one, too. Those are *my* 3 favorites. And we had him on the whole incurables program.

BISER: *Did you put chaparral in the inhaler?*

SCHULZE: No. It is too resinous. It doesn't work at all. Nothing but light essential oils. They vaporize real easy. Chaparral would gum up the unit. I had him on high doses of the regeneration tonic.

BISER: *How high, 6 dropperfuls a day or more?*

SCHULZE: We had him on more. We had him on 2 dropperfuls 4 times a day. Like 8 dropperfuls a day. After about 3 weeks on this routine, they went back to two specialists. One specialist said, "I don't even know why you are back." He said, "I want to have a lung x-ray and check my lungs." And he did.

The doctor said, "What do you expect me to say? You're going to die." But another specialist he went to said it was better.

This is a classic thing about x-rays. Even if doctors see a 10%, or I might even say a 30-40% change (anything under a 50% change), a lot of times they don't tell the patient.

That's because they think that maybe it was just the intensity of the x-ray, or the film exposed a little differently. The doctors are so convinced this person isn't going to get well, and they don't want to give anyone false hope. As far as I'm concerned, false hope is better than no hope at all.

The second guy they went to had another opinion. He said that it looked like it had reduced a lot. And, of course, by this time, this man had broken out in small pimples all over his chest.

This is the old Dr. Christopher thing about disease poisons — they can only go one of two ways; you are either going to absorb them, or they are going to come out through the skin. So we started applying more poultices on the chest, skin brushing, and drawing compresses.

"He got so much poison out of his cancerous lungs that he would soak his clothes every hour in sweat, and boils of poison would erupt."

BISER: *Drawing compresses, what would that be?*

SCHULZE: Bentonite clay, poke root, garlic, and red clover are my favorites for cancer, along with a lot of bloodroot tincture, which is what Hoxsey did. It got to a point that he couldn't believe the sweats he was getting into every day. He got to where he would soak his clothes every hour in sweat.

BISER: *That's just at night?*

SCHULZE: No, it's all the time now. He said the minute he got on the treadmill it was like his chest was soaked. It was a lot of material coming out through his chest. It eventually got to where there were actually boils on his chest.

I would say olive size, small olive-sized boils of material being drawn out of there. So there were things coming out through the surface. He juice-fasted strictly for the first 30 days. And his brother was really paranoid that he was going to die. Fevers during cancer are important. The body eats the cancer.

His brother worked him like a maniac. After the first 3 weeks, there was a mild reduction according to one doctor. After 30 days, he went back to food and started getting a little crazy with the food, and I had to calm him down.

They were having overcooked meals and a lot of cooked food. I said, "You go to raw foods. 'Food' for you is over. You can only have good food when the cancer is gone. There is no fooling around."

I had to get him back on track a couple of times. The long and short of it is that he noticed his breath really coming back and his brother had him exercising like crazy.

BISER: *Did tar from the cigarettes ever come out of him?*

SCHULZE: Yeah, he had some days when he would do the liver flush, and he'd vomit all sorts of horrible mucus. Green, black stuff would come out of the lungs.

Just a ton of stuff came out. And a lot of sweat. It kept going on. And I'd say it was just about two months when he really knew that something dramatic was happening. He went back and had another x-ray, and he went only to the second doctor, and the doctor said that it was about 60% changed. Over half gone.

"If you stop the program before you are cured, you can die."

BISER: *What happened after that?*

SCHULZE: He again wanted to get off the program since he was doing so well. What happens to a lot of people is they say, "Let me have a break." But there is no break. My experience has been that if you take a break, you die. If you want to eat meat and cake, go to the hospital.

You don't, you just keep going. They said, "Gosh, it's been two months." I said, "People have been held hostage for 5 years. And they probably walked out healthier than they did before they went in."

So I said, "Let's talk about the rest of this year." So he stayed on the program, I'm going to say 4-5 months, and it could have been as long as 6. I can't quite remember... once they are really into the program, I don't see them as often.

At some point after that, he went back to the doctors and they said, "This is unbelievable." They even checked him again. At this point, he even went to the first doctor to make sure the machinery was working. But the doctors said they didn't see anything except some scar tissue on the lungs, like he had pneumonia, but no tumors, nothing.

A lot of this material came out through his chest. That was about it.

BISER: *What happened when he did the cold sheet treatment?*

SCHULZE: A lot of stuff came out of his skin. He stained the sheet badly. It looked like nicotine. Looked like if you smoked a cigarette and blew it through the skin.

It was just disgusting. He even smelled like cigarette smoke numerous times during this process. It was amazing.

In addition to the cold sheet program, I also did Dr. Christopher's routine, the lobelia purge. I always do that with people with lung cancer at some point, just to get them to vomit and see what comes out of their lungs. But, usually, I wait a while. I don't do that right at first. I wait until they are in the midst of a good cleansing, and then we toss the lobelia in to it.

"He had definite strings of tar come out with the vomit. I've also seen scabs, like bloody scabs, come out of the lungs. And tons of mucus."

BISER: *Did stuff come out of him?*

SCHULZE: I saw strands of tar. He had some tar come out of his lungs.

BISER: *How does it look different from normal mucus you get from blowing your nose?*

SCHULZE: It usually looks green, bright green, dark green, brown to black. I've seen black, lots of tar and black strands come out of the lungs, too. And scabs and blood, like I said.

BISER: *What are the scabs from?*

SCHULZE: Blood clots, just from bleeding lung tissue. The lung gets so irritated, so inflamed, blood vessels break. And, of course, the mucus is just the infection and the immune war that is going on in the lungs. It's a good sign and you just want to keep it flowing. Keep it coming.

Lung cancer: how much lobelia to induce vomiting?

BISER: *Is this lobelia tincture or tea and how much of it?*

SCHULZE: It's tincture. And you want to use, depending on how weak the person is, a teaspoon to a tablespoon. And most people can handle a whole tablespoon every fifteen minutes until they vomit. The first thing you do is give them a cup of peppermint tea to relax the stomach a little bit.

Lobelia first dilates the bronchial tubes. It's the first effect of a compound called lobeline. The second effect is that it stimulates the 10th cranial nerve, the vagus, to such a degree that you vomit. The lungs get squeezed, and fluid from the dilation comes out into the vomit.

What we're doing now is creating a purge to really clean those lungs out. And everybody needs different amounts. I passed around those lobelia pods I showed you. I passed them around here with fifteen students, and one student vomited for an hour and had diarrhea for two days on one pod. So everybody has their different tolerance level to lobelia.

A medical furor over supposed lobelia toxicity.

Ever since lobelia was introduced to healing by the herbalist Samuel Thompson, medical doctors have tried to attack lobelia on its supposed toxicity. Good herbalists know these attacks to be false.

The lethal dose of lobelia with rats was one alkaloid extracted from a whole bale of lobelia and injected into one single rat. According to Richard, "The medical boys had to go far into left field to cook up that one."

SCHULZE: I'm so sick and tired of people pussyfooting around, being afraid of lobelia. Of course, in our country, it's against the law to use it for internal consumption.

Even over here in Europe now, the standard dose that therapists are not allowed to go beyond is not enough to be therapeutic.

We've had students in my class saying that the dosages of lobelia that I've been suggesting in school are dangerous and irresponsible. It came to a real head tonight when I was reading your Page about the herbalists pussyfooting around, and worrying more about being recognized by the government and not causing any trouble, than their patients' health. And that's the bottom line.

One student walked out of class over this issue. He told the dean the dosages recommended in my class were illegal and irresponsible. My comment was, "That's great — from a person who never used lobelia. How would he know?"

Lobelia is a brilliant herb for kids. It dilates their bronchials, it gets them breathing. I've had thousands of two, three and four-year-old children on lobelia to get them breathing better.

What they've said in some countries is, "Well, these herbs are dangerous, so you can only prescribe this amount of this herb." And they enforce legal dosages that are so small they won't have any affect.

What I suggest is Dr. Christopher's routine where you take lobelia — a tablespoon every ten minutes until you vomit. We've had students over here drink whole 50 milliliter bottles, and that would equal about two ounces. Now, that's considered dangerous and illegal in Britain, that kind of dosage. Yet, that's what you would give some asthmatics to cause them to purge themselves of the wastes in their lungs.

The famous herbalist Samuel Thompson used two herbs mainly, cayenne and lobelia. And with those two herbs, it is estimated he helped 3.5 million people recover from their illnesses. Cayenne, he said, stimulated the circulation, and lobelia sedated and relaxed the body.

He used them like I use hot and cold. Back and forth, purge them and puke them, and then give them cayenne to bring them back to the planet. These two are unbelievable herbs. If using lobelia sounds radical, consider cutting and drilling a 4-inch incision through your side and inserting a probe to tap your lungs to drain the fluid out. I prefer lobelia.

Advice from Dr. Christopher, Dr. Schulze's teacher. On curing serious asthma...

In Wyoming, two boys brought their father in at 2 A.M., wheezing and gasping. The father hadn't been able to lay down in bed for 20 years because of asthma. Dr. Christopher gave him one cup of peppermint tea; after ten minutes, he gave him one teaspoon of lobelia tincture. Every ten minutes, he got one teaspoon of lobelia tincture. The man started vomiting up green and black old mucus from his lungs. He kept vomiting for 3 hours.

Then, Dr. Christopher sent him home and he laid down in bed for the first time in 20 years. Later, he got a job as a gardener and never had an asthma attack again.

Chapter Fifteen

Liver Cancer

In this chapter, we learn some practical details of curing cancer by reviewing the case of a woman with terminal liver cancer. Her case was covered on the videotapes, but right here, we will go into points not mentioned on the tapes.

"This 50-year-old woman had a liver tumor sticking out of her body."

SCHULZE: She was beyond terminal!

BISER: *How do you get beyond terminal?*

SCHULZE: Well, when the doctors say you will be dead in a month, and now it's six months, and they can't believe that you are still walking — that what post-terminal is.

BISER: *How long would she be on terminal?*

SCHULZE: I think she was 6 months past her maximum point of death, that they had thought she would never survive.

BISER: *Did she look gray when she came to you?*

SCHULZE: Horrible. She could hardly walk, she was hunched over.

BISER: *Could you see the bulge?*

SCHULZE: Oh God, yes. The tumor must have weighed 20 pounds. I mean it was sticking out her left side.

BISER: *And they really can't operate when it's like that, right?*

SCHULZE: No, because it's your liver. You only have one liver and you can't live without it. So when your liver is totally involved, that's it. You know, you're not going to live.

BISER: *Painful?*

SCHULZE: Yes. She was on liquid morphine. They usually put you on morphine when you are on the way out. They don't care what they give you, anymore.

"Two women came to me at the same time with liver tumors. The one with the milder tumor wanted to die —and did. The one with the gigantic tumor fought and lived."

BISER: *She didn't come to you expecting life, she was ready to go?*

SCHULZE: Absolutely. There were two women like this who I had around the same time. One thing happened to one and one thing happened to the other. One of them wanted to die, just wanted to feel a little better. She did.

I got her feeling better, then she had a party and then she died. And then I had another one, the one we are talking about, that had the same kind of tumor. They were almost identical cases.

You know, Dr. Christopher always said that things come in waves. I used to think that was kind of weird until I started practicing. Things really do come in waves. But this other lady was a very similar case.

The one that had the party didn't have a tumor as bad. This one who got better had a tumor that was gigantic. We started doing a lot of work, but especially on the bowel and liver flushes.

BISER: *What happened when she did a liver flush?*

SCHULZE: The key is to start out with one clove of garlic and one spoon of olive oil and when she could tolerate that, she could do more.

BISER: *Could she tolerate it?*

SCHULZE: Yeah, she tolerated it fine, and once we got up to 3 tablespoons of oil and 3 cloves of garlic, I went right into the big gall bladder flush with her.

BISER: *Which is what?*

SCHULZE: 8 ounces of olive oil and 8 ounces of orange juice. I put a couple of lemons in. You consume 4 ounces an hour for 4 hours. The first time we did it, she probably got, I'm going to say, 500-600 gallstones out of her. It was such.. .that she filled the toilet bowl.

"This woman passed these green and medium-green congealed glassy-looking ones. She had black brown, and blood-red ones."

BISER: *Critics are going to say they weren't gall stones — that the stuff that came out was just the olive oil you put in.*

SCHULZE: They could say it was congealed olive oil and I don't necessarily disagree with that — up to a point. I think *some* of it is congealed olive oil. You can tell the congealed olive oil ones, if in fact that is what it is. They are light to medium green in color.

However, I have seen actual gall bladders on autopsies that have a lot of light to medium green stones in them. So, I don't think you can tell for sure if it's from olive oil, or from the person.

When you have the green stones, they can come from the olive oil, but then again, they might not. I've been right in the room when they cut a guy's abdomen open, then pulled the skin apart and they opened up the gallbladder, and it was filled with those things and the guy didn't even eat olive oil.

All I know is this: when she started getting blood-red and black stones, this is horrible stuff to be inside of her.

BISER: *Did the one liver flush have any effect on the cancerous liver?*

SCHULZE: Yeah, she told me it felt like she had a bowel movement from her liver. She noticed the swelling went down and the size went down.

It just makes sense. The liver's job is to detoxify the blood and clean the blood. But the liver has to "sh--" through the gallbladder, that's the bottom line. And if it can't, well, it's just like your rectum being clogged up. So, when we opened up that gallbladder, we took the plug out of it. It was just amazing for her. So immediately, we did another gall bladder flush.

BISER: *How many days later?*

SCHULZE: Oh, the next day. We did another one and we did that gall bladder flush, I'd say, for 3 or 4 days in a row.

BISER: *What happened every day?*

SCHULZE: We started getting less and less stuff, and eventually it was the 4th or 5th one. After 4 or 5 days in a row, I said, "Okay." You know what the greatest thing is about working with people like this?

BISER: *What?*

SCHULZE: You have nothing to lose. What am I going to do, kill her? So many natural healers are afraid of this.

Why it's easier to work on terminal patients than slightly sick people—but healers are too frightened to see it.

BISER: *She is not supposed to be here at all?*

SCHULZE: She has already had 6 months of extra time. What am I going to do to hurt her? What I don't understand is why everybody is so afraid of it. To me, it's like such a challenge and it's so much fun, because I can't lose.

This person is already dead.

BISER: *You're working on a corpse.*

SCHULZE: Absolutely. So how can I lose?

BISER: *Any fungus come out or anything like that?*

SCHULZE: Slime. Strands of mucus, but almost beyond mucus, where it almost felt like rubber. I think her gallbladder was 2 or 3 times the size of normal, just from the amount of stuff that came out, almost like muscle tissue or chicken meat or something like that.

Strands of stuff that was not normal bowel material, but that I think came out of her gall bladder. After about the second one, she noticed the pressure go down; when she first came to see me, it was like her liver was going to explode.

She said that the pressure was gone. I think what happened is we cleaned out her gall bladder, and her liver started to work. Now at first, we are doing the full routine; she is doing a lot of massage, she was obviously getting the castor oil packs.

In fact, she decided to drink the castor oil. I don't suggest anybody do this, but she was putting it in her liver flush.

BISER: *How much?*

SCHULZE: Most people don't suggest castor oil internally, because it's strong, but also in the process of making it, there may be a lot of toxic chemicals used. But she started to drink it. Again, what have you got to lose?

Within 10 days, she felt like there was 25% reduction in her tumor. The swelling, the pressure, the pain was gone. In fact, she was off her morphine in about 5 days.

BISER: *Did she know a miracle was taking place?*

SCHULZE: Yeah, and again she really wasn't a believer at first, but a lot of people start believing really quick.

One thing you can almost always do with natural healing is relieve the pain and the intensity. Because what we are doing is opening up the channels. The first law of natural healing is to open the elimination channels.

BISER: *Did you ever do any other compresses on her other than castor oil?*

SCHULZE: No. Not at first. Not during the liver flushes.

BISER: *How long did you leave the castor oil packs on ?*

SCHULZE: She was probably doing 2 or 3 packs a day at this point. She was doing some good massage all around the right side, but also on the left side where that tumor was sticking out. Also, she was doing hot and cold showers two times a day over her liver.

BISER: *Did she do cold sheet or didn't it apply to her?*

SCHULZE: Yes, absolutely. As soon as I think they are ready.. .one thing I do first is just make sure the elimination channels are open. Now we did some severe bowel cleansing, also.

BISER: *What does severe bowel cleansing meant*

SCHULZE: A ton of Intestinal Number One formula.

BISER: *What does a ton mean?*

SCHULZE: For her, I think she was doing about 8 capsules and having about 6 strong bowel movements a day. Then, we also had the intestinal Number Two Formula. We were really working that bowel, because when you've got the liver so ill, you really want to work the bowel.

"I would say in about 2 weeks, you could hardly tell that the tumor was on the left side anymore."

BISER: *How much Number Two were you giving her a day?*

SCHULZE: She was doing about 6 heaping teaspoons a day. We were doing enemas, and then we went into the cold sheet treatment, and she had a lot of response from that.

I would say in about 2 weeks, you could hardly tell that the tumor was on the left side anymore. It just...

BISER: *In 2 weeks?*

SCHULZE: Absolutely. It went down to about the size of a fist on her left side, and it was now gone. You could not detect that she had a tumor at all. Now, what we were dealing with was just under her rib cage and her right side. She kept up the programs.

BISER: *How long before something broke?*

SCHULZE: She was one who didn't want to go back to the doctors. Most people *want* to go back. She didn't want to go back, because they had all given up on her and told her she was dead. And I don't think she ended up going back until four months later.

And then, she went to a whole new doctor and didn't tell him anything about her history. And he diagnosed her with hepatitis. He didn't even diagnose her cancer. He just said that her liver was inflamed, that's why she was feeling bad, and she said, "Well, you ought to test me for some cancer."

He said, "I don't have any reason to do that, unless you can tell me a reason to do that." So she said, "No." She walked out with that diagnosis, kept working on it, and I think I heard from her about 8 months later. She had also gone down to a clinic in Mexico, gone on a couple of different programs down there — nothing much — I think Gerson's program — and drank some juices.

I told her, don't drink any of the beast's blood, so she stayed a vegetarian. She just wanted to be around some other people, and I think, about 8

months later I got a call from her that she was clean. She has absolutely no tumor.

BISER: *What did her husband and her family say?*

SCHULZE: They were ecstatic. They couldn't believe it. I think part of her problem was she had a lot of anger towards her husband.

He was a bit withdrawn and wasn't communicating — their relationship was pretty much over. In fact, one of the things I suggested to her is to get a divorce as part of her healing. She was really pissed off at him, and I think that it was one of the starts of her liver problem.

She was a liver type, but she also was very, very angry. I think he had an affair or something like that, and she was just really pissed off, and that came but during the work. I had her express some of her rage to him, and he really didn't give a 'sh—'. But it was part of her healing, definitely, to unload her rage.

The thing that I remember the most was that she was in so much pain when she came — the morphine. She was on a maximum dose of morphine, but, of course, the problem with that is it's a dead-end street, because the morphine stops your liver and stops your bowel. It stops so many of your functions.

BISER: *The morphine is a dead-end?*

SCHULZE: Oh, it really is.

At my instructions, she did a lot of bodywork to 'milk ' the area of the diseased liver.'

BISER: *You never saw pieces of cancer come out of her, right?*

SCHULZE: No, never. Just some chunky material from the flushes, but I never saw any cancer. What I am sure happened is her tumor dissolved slowly, and went right through her bloodstream and cleaned right out

of her. I've seen this happen with a lot of people who have no major expulsions of tumor pieces, like occur when you cure cervical cancer.

BISER: *But not her?*

SCHULZE: With her, it was like the swelling went down and it went away. There were no major healing crises with her, unlike the guy with the lung cancer.

We did a lot of deep body work. I sent her to a bodyworker who did lots of compression over that spot, almost like purging or milking the area of the pancreas and liver. We had her do a lot of deep breathing. Any time you have a cancer under the diaphragm, you need to expand and contract the diaphragm a lot. That goes for the liver and the pancreas.

BISER: *Castor oil over the area?*

SCHULZE: Oh, absolutely.

BISER: *Anything else in addition to castor oil right over it, to try to kill it. What kind of poultice?*

SCHULZE: The poke root and garlic. With pancreas and liver problems, we use tons of chaparral. Of course, herbalists say that chaparral causes liver cancer. And here we are with liver cancer giving people tons of chaparral — and they get cured. Chaparral dissolves and destroys cancerous tumors.

Chapter Sixteen

Pancreatic Cancer

Pancreatic Cancer

"Natural healing has the power to cure pancreatic cancer. But usually, before I see the patient, medical treatments — not the disease—have destroyed the patient's body."

SCHULZE: I had a lady who had a pancreatic cancer. It was also blocking her duct — her pancreatic duct. She couldn't digest any food, either, because the pancreas creates the hydrochloric acid.

Doctors didn't suggest anything. They just said, "Go home," because the tumor was big, it was malignant.

Very few survive pancreatic cancer. Even in our practice, patients may die of this because they waited too long before using herbs and natural healing.

If we had to pick a type of cancer that we had the least results with, it would be either leukemia or pancreatic cancer. That's because these cancers multiply and progress so quickly. The disease only has a 6 months prognosis. People waste 4 to 5 months of this with doctors and vitamins, then they come to me.

By the time people come to me after finishing with the doctors, there's nothing left. Their pilot light is so low that they can't turn around.

The doctors have really done a number on people, like cut out a kidney and a lung and a piece of a liver, radiated them 5 or 6 times, implanted radium seeds in their uterus, and just beyond what we can imagine, so I can't turn all that around, sometimes.

There is just so much damage been done. It's like standing at ground zero when the nuclear bomb goes off, and then saying, "Can you help me

with my radiation exposure?" It's a little late. So, people with these cancers have to act fast and get right on the incurables programs without delay.

BISER: *But how bad was her pancreatic cancer?*

SCHULZE: It was bad enough where they gave her 3-6 months to live.

BISER: *Did she look emaciated to you?*

SCHULZE: No, she looked great. She looked fine, but she was depressed.

BISER: *What are the symptoms of pancreatic cancer? Do you feel it?*

SCHULZE: She didn't have a lot of symptoms. Well, she didn't think she had a lot of symptoms. She had — nobody ever gets that sick without ignoring a thousand symptoms.

BISER: *How did she know she had it in the first place?*

SCHULZE: She finally went to a doctor because she had no energy, but she had also had digestive problems for 10 years and was also having blood sugar problems. The body gives you all these warning signs, and you just keep ignoring them. I think she was even taking some insulin, but in the tablet form, not intravenously.

BISER: *Her prognosis was a lot worse than how she looked,*

SCHULZE: Oh, yeah. They just said, "You're dead." They had done some light chemo with her and then they just said, "Get your papers in order." She did everything that she was supposed to do. She bought her plot, and everything was all ready to go. She even had picked out her tombstone, and carved it with her date of birth and was just waiting for her second date. She was 45 years-old and still single because she had this urinary incontinence, and she never really had a relationship.

She came to me for incontinence because she was so sick she was losing bladder control. A lot of people come to me and they think there's no cure for their disease, but they have a minor problem that they think I can help with. And she came to me for incontinence.

And we healed her of her incontinence, and then that kind of opened her eyes. Because, you know, she was wearing diapers.

BISER: *Anything in particular you did for her pancreas?*

SCHULZE: One of the intake keys is not eating any sweets. The pancreas' job is to create insulin, and it's an endocrine organ. On the juice fasting, I had her dilute the juices 50% with distilled water. Some of these people can't take carrot juice or apple juice. It has too much sugar for someone whose pancreas is not working.

Oh, here's another thing. I gave her the female hormone-balancing formula we covered in our discussion on cervical cancer.

BISER: *What does that have to do with pancreatic cancer?*

SCHULZE: The pancreas is an endocrine organ. I don't believe that you can have one imbalance without having the whole endocrine system imbalanced. These people need to take a look at endocrine-balancing herbs, too. This is what we always use with the pancreas.

BISER: *What would they be?*

SCHULZE: With men, it would be the male tonic formula. For women, it would be the female hormone-balancing herbs that we discussed in reference to cervical cancer.

BISER: *What is the male tonic formula?*

SCHULZE: Here are the ingredients... 2 parts Panax ginseng

2 parts Siberian ginseng

1 part Sarsaparilla

1 part Saw Palmetto

1 part Cardamom

Use this as a tincture or tea. For use as a tea, the ingredients would have to be pre soaked overnight and simmer for 15 minutes.

BISER: *Did you use the poke root poultices on her?*

SCHULZE: Yes, definitely. Everybody, even if it's a deep cancer, the poke root still draws. Yes. I think I used a typical one that I would make: bloodroot, red clover blossoms, garlic, poke root, and chaparral, all blended together in a paste.

BISER: *That's an alternate cancer paste?*

SCHULZE: Yes, a cancer paste. Dr. Christopher had a few in his book, called cancer plasters, but these are the things I'd always whip up in my blender. Undoubtedly, it would be red clover blossoms, fresh garlic cloves, chaparral leaves, and poke root with a lot of bloodroot tincture. It's kind of a paste.

Blend it all up and make a reddish paste and paste it on. Especially, like, far skin cancers and things like that, but you know, when there's a deeper cancer, it still works to have it up above.

BISER: *OK, but this still pulls through the skin, right?*

SCHULZE: Absolutely. It really activates and absorbs down through the skin.

We also did a lot of deep body work on the pancreas. In fact, I sent her to a bodyworker who did a lot of compression over there, almost like purging or milking the area of the pancreas. We had her do a lot of deep breathing.

Anytime you have a cancer under the diaphragm, you need to just expand and contract this diaphragm a lot. I also gave her tons and tons of chaparral tea. She just had to learn to live on it. She also had tons of garlic.

BISER: *Where do you put the castor oil pack for her pancreas?*

SCHULZE: You would put the castor oil poultice basically from your breast bone to your left side and from your lower rib to a few inches above your nipple. I mean cover the entire area. You know, if you're going to do your liver on the other side, go from the bottom of the rib to your clavicle line. You know, let's soak a minimum one-foot square piece of flannel.

BISER: *My guess is that people don't make it big enough.*

SCHULZE: Exactly. It isn't going to hurt if you do any of the other areas, and the other areas are probably sick and infected too.

BISER: *Did this woman ever have poison coming out her pancreas or through the skin through those compresses?*

SCHULZE: There was a lot of tenderness and a lot of swelling and we did do a lot of external packs, but it came out through her bowel. She had blood, she had mucous, pus, come out through her bowel — but nothing through the surface.

BISER: *As that was coming out, the swelling and the tenderness went down, right?*

SCHULZE: Absolutely. At first, when we really got her going, it was very swollen and painful, but a couple of times she would really fill the toilet with some stuff. Of course, the swelling would immediately start going down and she could feel the pressure was off her pancreas.

As I mentioned, she originally came to me because she had lost bladder control and she felt, before she died, she would like to have a few more sexual adventures, and not be wearing a diaper. I worked with her on that.

So we did some amazing work with her kidneys. But she was more excited that she wasn't peeing on herself than about the cancer. She met a guy. They did something that she hadn't ever been able to do — hang gliding or something.

They were having a sexual experience, also, and she was just so excited about that, because she hadn't had any sex, you know — when you don't have bladder control, you don't want to go out. She never went out. Every night after work, she went home. She sat at her computer all day, and went home and watched the tube. I had her stop watching all TV, and stop sitting.

She was going out now, being more active. And she did the full program, all the way through. She got better. She went back to the doctors. They said, "You've had a miracle." They thought they had misdiagnosed. You get this all the time. They go, well, maybe we misdiagnosed. Most of these people had been to 2 or 3 doctors. So, in the end, she was healed of pancreatic cancer.

She got cured, and then, what was funny is, she sent me a postcard from the Matterhorn. She's into mountain climbing now. She's married. Traveling And mountain climbing. I get a postcard from her probably every other year from some far-off place.

Chapter Seventeen

Leukemia

Leukemia

Oat cell leukemia: the man had a clean bill of health within one year of starting incurables program.

SCHULZE: All the people who I tell you about, everybody who continues on the program, always get better. I can't think of anybody who comes to mind in the last 20 years who I have worked with, who we kept working with, and who did not respond.

People just have to learn to turn up the volume on their programs. And to keep going in that direction.

The man with oat cell leukemia had one of the leukemias that is considered terminal. The biggest problem with that type of leukemia is that they have heard from everybody that they are dead.

He came to see me just to get his blood numbers in line, he did not believe the leukemia was something he could deal with.

BISER: *He knew he was dying, but he just wanted to improve his cholesterol? It doesn't make sense.*

SCHULZE: A lot of people do that because they are feeling so horrible. It was not necessarily his cholesterol, but that he was overweight.

BISER: *I mean, they just want to die in a better state?*

SCHULZE: They have endured so much. He was breathing very heavy, a lot of abdominal pain, just aching, high blood pressure, high cholesterol. He was miserable and also had leukemia.

BISER: *What does it feel like when you have leukemia?*

SCHULZE: A lot of times, you don't feel anything. Eventually, you start getting anemic and then you have a loss of energy. Of course, a lot of people

don't think they feel anything, but they have ignored symptoms for years like constipation, high blood pressure, high blood cholesterol and high weight.

BISER: *Did he get out of the leukemia?*

SCHULZE: Absolutely. The doctors didn't even suggest any treatment because he was in such horrible shape they thought the treatment would kill him. They were worried his heart would give out in the treatment.

When doctors give a patient chemotherapy, it is taxing to the body. It takes your energy away, it depresses you further. On the other hand, a juice fast is energizing to the body. It is supplying the body with vitamins, minerals, enzymes.

It's just what the body needs but it takes 60% or more of your energy to digest food. So, when you stop eating food, you have more energy, and then of course, you add in the enzymes, vitamins and minerals from the juices.

This is one thing people don't get about the incurables program. They think if they stop eating they will get weaker. When they stop eating, they get stronger. And of course, it happens immediately.

BISER: *Did he get stronger?*

SCHULZE: Absolutely. Immediately, his blood pressure started going down, his blood cholesterol started going down. He was very overweight and very constipated. He had a bowel that was almost not working at all.

We were working immediately on getting his bowel movements happening every day or even more than once a day. The side effect of the first couple of weeks was the constipation was gone, the cholesterol level was starting to come down, his blood pressure was normalizing. In about 30 days all his numbers were normalizing. He was still overweight.

"The man lost 50 pounds in six months, and some of that could be from cleansing his bowel."

BISER: *What about that white blood cell count?*

SCHULZE: His white blood cell count was getting better. Once you have oat cell leukemia, the doctors do not believe anything is going to change.

Sometimes the doctors don't even tell the patients the test results, because even if they see a 20 or 30% improvement, they think it's a variation in the test, or they think that maybe the first test was inaccurate.

They will say, "Well, there was a little deviation." But they will never say, "Hey, you're getting better." A doctor will never look a patient in the eye with leukemia and say you are getting better — unless they are doing chemotherapy. They will never say that when they are on a natural healing program.

He kept going. He was not concerned about the leukemia; he was concerned in just getting his breath back so he could walk and breath and get in and out of the car without losing his breath. Within about 6 months, this man was in dramatic shape; he had lost about 50 pounds. How much of that was fecal matter, I don't know, because his bowel was absolutely stuffed. His blood pressure was normalized; he was off the drugs.

BISER: *What about the leukemia?*

SCHULZE: Within a couple of months, he had a 30% increase in his blood count. That showed he was responding, but again, the doctors said that was not what was happening. He felt the energy coming back, he felt stronger and I'm going to say, at 6 months, he had the 50 pound weight loss and he was getting very healthy and, of course,...

BISER: *So he had a 30% blood improvement at 6 months and a 50 pound weight loss?*

SCHULZE: Absolutely. And over the next 6 months, he pulled right out of it. He had no leukemia at the end of a year, and I find with most people you need to give it a year.

He wasn't on the incurables program this whole time. Only the first 30 days. Often, after the first 30 days, I give a person a little bit of a break to respond; they have done a lot of hard work.

He was on and off very good programs, he became an exercise fanatic. He used to walk around the block, and I got him to where he increased his walk by about 10 times and did it about 10 times faster.

At the end of a year, he was given a clean bill of health and, at that time, he didn't even want to stop. Most of these people don't. They are believers now.

Natural healing can regenerate diseased bone marrow.

BISER: *What did his doctors say?*

SCHULZE: Remission. They said that it went into remission. They said that you are one of the absolute lucky few, and of course, he was one of these guys who was really pissed off at medicine and he said, "I'm not one of the lucky few. I've done this with herbs and natural healing."

Of course, there is no better way to make your doctor feel insecure and angry, when you start talking like that.

BISER: *Have you had other bad cases of leukemia or is it a tough one to cure?*

SCHULZE: I've had numerous people with leukemia. I personally feel that when we are talking about cancer of the blood, we are talking about the integrity of the bone marrow of the body.

The bone marrow is where all the immune cells are made and where the red blood cells are made. All the blood cells are made in the bone marrow.

Up until a few years ago, doctors said that once your bone marrow turns from red active to yellow fatty that your bone marrow would not regenerate.

Now, in the last couple of years, the new science has shown that bone marrow regenerates and you start creating new blood cells and healthy blood cells again. At this point, they will give a person a bone marrow transplant. They will replace that dead bone marrow.

BISER: *Because it has become yellow and fatty.*

SCHULZE: That's right. They take the yellow fatty bone marrow and replace it with red, so you can build new blood cells. But it has been proven in many people they can turn that yellow fatty back to red.

BISER: *How? How do they do it?*

SCHULZE: They are certainly not going to do it with drugs. Science says they don't know why, but with some people it has turned that way. Obviously, the way you do it is with the incurables program.

Dr. Christopher knew this. He had many patients with leukemia. One thing Dr. Christopher knew more than anybody is that you could change a person's blood.

Dr. Christopher would even take women that were the Rh negative factor on their second child. He did not believe they would need blood transfusions. Of course, science transfuses the children in those situations.

He said he never had to, as long as he cleaned the mother's blood. That is changing the integrity of the blood. It's dramatic and I've done that with many patients.

Chapter Eighteen

Curing Children of Cancer

Curing Children of Cancer.

The programs in this SAVE-YOUR-LIFE Collection cure children whom medicine cannot help. They cure children who would be killed by barbaric "anti-healing" drugs and surgical programs used in hospitals.

On videotape Volume Twelve, you learned how to adjust an adult dose downward for children. You also learned that, in serious cases, the child may have to get onto the adult dose as fast as possible.

In some cases, procedures have to be modified for children and for the elderly. That is the purpose of this chapter.

Childhood leukemia and garlic.

BISER: *Have you had any children with leukemia?*

SCHULZE: Yes, and children are harder because Dr. Christopher said you are paying for the sins of the parents. Children are born so genetically weak that they have leukemia or something that started genetically back with the parents.

I have had a lot of child survivors. I think one of the reasons is that the kids don't buy into all of the negativity. They are not so affected by what the doctors say. That is a great blow to older people when doctors tell them they are going to die.

The toughest part with the children is getting them to absolutely make a 100% change in their food program. I've had a lot of three and four-year-olds with leukemia who were pretty much given the death sentence who have pulled out, who responded — but this is the key here — an absolute change.

We are talking fruits, vegetables, juice therapy. It's very powerful and the parent has to take everything away from the child. No treats, no junk food,

no animal foods. And, of course, the herbs. The herbs are so powerful for changing the blood.

And garlic is a big one and you have got to get it into the kid.

Garlic is specific for leukemia.

SCHULZE: One of the big things is getting that garlic in large amounts into the kids.

BISER: *What kinds of amounts?*

SCHULZE: At least 3 cloves a day — even for a four-year-old. You have to chop it up and put it into gelatin capsules and get it down them. Garlic absolutely inhibits the growth of leukemia in the body. It stops the white blood cells from clumping together, which increases the spread of leukemia. A lot of people lighten up too much with the kids.

I almost think it's worse with the kids because they didn't start with a chance. They were crippled by what their parents did before them. These kids die really quickly of leukemia. Medicine has a very low success rate with them.

BISER: *I thought medicine was successful with childhood leukemia?*

SCHULZE: Oh no. Not like you think. They are killing them left and right. Otherwise, why would parents bring their kids to me with childhood leukemia? Sometimes it's because the prognosis is so horrible. Other times, all they have to do is walk into the Ronald McDonald wing of Children's Hospital to these cancer centers, and see the nightmares that are going on in there. That makes them want to do something different.

A 3 -year-old with leukemia has a clean blood test after six to eight months on the program.

BISER: *Do you remember any kids, specifically?*

SCHULZE: I had a little boy, 3 years old with childhood leukemia. His parents were not Christian Scientists, but they really didn't believe in a lot of medical intervention. Also, I think they had some relatives who died after chemotherapy, and that is usually a good sale. The boy was just at the beginning stages of it; he wasn't anemic yet, and hadn't had any blood transfusions. It was nice because he hadn't had any medical therapy. I've had kids who have had the chemotherapy and don't have any hair.

BISER: *How bad was his leukemia?*

SCHULZE: He was given 3 years to live with therapy. They never really say. They say he could live 3 years; he could live 5 years; he could be dead in a year. It depends on how quickly it advances, and that is why they use the chemotherapy. His parents didn't want to go that route. They had already lived a fairly healthy life-style. He worked really well on the program, and I think within 6-8 months his blood tests were clean.

In four months, all the blood that is in your body is gone and you have new blood. What determines the quality of the new blood is what you are doing during those 4 months. Personally, I think that if anybody with leukemia does the right work, they should not have it in 4 months.

Medicine says you can grow new stomach lining in 5 days, and I've had people with bleeding ulcers be totally well in 3 days. I think we can do it even faster, and I don't see any reason why anybody should have leukemia four months from when they begin the program.

He was fine. One of the things about leukemia is that kids don't notice much, except all of a sudden they become anemic, and they have a loss of energy. Adults sometimes don't notice much of anything. However, there are always 20 different signs and symptoms that they have ignored

Leukemia is also diagnosed because the actual cell can be seen. You can see the mutated blood cell. The question is really, with any type of cancer, especially leukemia, why isn't our immune system taking care of us? And it's not taking care of us because it's been beaten down too much by our life-style and our environment.

Brain tumors and leukemia in children.

BISER: *Richard, any advice for parents who have children with brain tumors or leukemia?*

SCHULZE: Work hard. Don't think that by giving your kids some treats, you are going to make them better.

Most of these kids are tougher than you are. I'm amazed. When I put kids on these programs, they do them more diligently and without the drama you see in the parents.

Most of the time, the parents are thinking, "Oh, I can't do this to my kid," but the kids don't have any problem with it. We've had thousands of kids on the full Incurables Program. It's going to take a lot of work.

The incidence rate of childhood leukemia was almost non-existent prior to vaccination. You know, I think what's happened: We've bombarded these kids' immune systems with so many toxins, so many poisons, and they weren't even that strong to begin with when they were born. So they are just overloaded.

We have found that the kids tolerated these cleansing programs just fine. Start out light, unless they're dying on you, and then increase it as far as you

can. These kids are tough. It's amazing what they put up with and what they can do. We have the kids do the full incurables program and put many of them on the adult dosages of everything in the program, and I'm talking 4, 5 and 6 year olds.

BISER: *So that's your main advice for the parents: "Don't go easy on the kids."*

SCHULZE: Yes, don't go easy on them. They know what's going on. These kids are pretty smart and they're willing to take that strong role in their own healing process. And I have kids doing castor oil packs, and hot and cold showers, and enemas, and raw food programs, and carrot juice, and garlic in capsules, and intestinal corrective herbs and all these things. Kids tolerate it fine. The parents are the ones who wimp out.

BISER: *Do the parents of these kids ever not use enough castor oil in the packs, and things like that?*

SCHULZE: Absolutely. You know, they tend to lighten it up. I find that the grandparents initiate the programs better. So, sometimes they say for the parents to get out of the way a little bit, and let the grandparents come in. I find that a lot more grandparents read your newsletter.

Now, this is something that's important for everybody. Staying the same is OK. In other words, a lot of people think that we should see dramatic changes. What we don't want to see is changes for the worst. But staying the same isn't that bad.

A lot of times, it takes the body a long time to build itself up, to really get in there and start making some changes. But, they felt they wanted to see something different, and then they started worrying that he or she wasn't getting enough protein, and started in with some animal foods, and went to

a "psychic", and the psychic said she needed beef or something, and so they started fooling around with the program, and it was sad. These kids are doing very well, but the minute they start fooling with the program, they get worse. The problem is commitment.

BISER: *So the kids don't get the program the way you wrote it out?*

SCHULZE: No, and this happens so often. Usually, the grandparents are a little better at it, because they have a little less faith in medicine. Natural healing comes a little more digestible to them because of their age.

The cold sheet treatment for children.

BISER: *What's the youngest you've seen get cold sheets? Babies?*

SCHULZE: Six months old. There's no reason they can't do it. I've worked with thousands of small children with the cold sheet treatment. It saves them from death. You start out with an enema.

BISER: *What about the rectal insertion of garlic?*

SCHULZE: Well, that is one thing you lighten up on. That's step number two. So step number one, everybody gets an enema. That's across the board. Everybody can get a catnip enema, red raspberry enema, or use any type of herbal enema they want.

Now the second step is the apple cider vinegar and water base with the garlic cloves in it. You modify that for the very young.

You can't do that with a baby. What you could do is a very mild solution of that if the baby was quite sick. This would be, generally speaking, for the adult cold sheet treatment: eight ounces of apple cider vinegar, eight ounces of distilled water and put that in a blender with about eight or ten cloves of

garlic. That's enough to really send an adult into a good cleanse. And that's a mild way of putting it.

For a baby, you could use the tiniest bit of garlic. Use the same amount of base, eight ounces and eight ounces, even though you're not going to get anywhere near that into them, and you could use just a sliver of garlic in there—just to get an essence of garlic in.

But that's nowhere near a whole clove. Not even half a clove. And you could do the same for an older person. Everything we are saying for children applies to elderly people.

BISER: *What about putting the six-month-old baby in the tub with that water?*

SCHULZE: Oh, that's fine. Once you do the garlic injection, which nobody holds onto long, and a baby will let out right away, then the next step is the hot tub.

Now, the full dosage formula is the hot tub with at least an ounce of cayenne, ginger and mustard powder in a muslin bag, so that the whole bath is a hot tea; and you cover your genitals with vaseline.

For a baby or an old person, you can just use a hot bath and forget the cayenne, ginger and mustard. For a baby, that's too irritating. Now, again, it depends. If this is a baby dying of pneumonia, and you're in the middle of nowhere, hey, what do you have to lose?

But, for most people who are reading this and their baby's running, we'll say, a hundred and two or above fever, that would definitely be a time to do the cold sheet treatment. Skip the herbs in there and just run a hot bath.

The baby still takes the hot bath, and you start it out warm. Once the baby's in there, you add more and more hot water. Babies can take the same temperature water that we can. And then while that baby's in there, give it a bottle with some herb tea in it.

BISER: *Yarrow, or not?*

SCHULZE: Yarrow is a little bit too strong for them.

BISER: *What do you do?*

SCHULZE: What we're trying to do with the baby is just rehydrate them. Make sure that they have plenty of liquid in them.

So you can use a little catnip tea, or a little ginger tea, if you want a digestive, you can get some peppermint in there. A little bit of lavender even works really nice.

Babies like it mild. But almost any herbal tea will do. The key with kids is to dilute it to where it's almost like colored water. And then have them drink as much as they can drink, and usually, you know, we put it in a bottle. The only time we use a bottle is with herb tea.

BISER: *How long is the baby or the old person in?*

SCHULZE: A maximum of fifteen minutes — that's about it.

BISER: *How long is an adult in?*

SCHULZE: An adult, you keep in until they're begging you to get out and then even longer.

BISER: *But when is that?*

SCHULZE: Very rarely does anybody make it past the half hour. And then, you know, of course the next step in the cold sheet treatment is to get them out and wrap them in a cold sheet.

BISER: *What about this ice thing with the baby?*

SCHULZE: It's also a little bit too intense. To modify that, what I do is just get the babies out and, run a warm shower, and then just slowly turn that hot water off till it gets cool and cold, and then a little full cold blast on the baby.

So, with babies, a cool to a cold wash. But not for long. You give them about a minute of that.

BISER: *And you cover them up?*

SCHULZE: Then wrap them up and put them in a nice warm sweatsuit, natural fibers, of course.

You don't have to do the garlic paste on the feet with babies. It's almost impossible, but what I would suggest is to make sure that you get these babies breast feeding. So mom needs, at this point, to have consumed, oh, we'll say, ten cloves of garlic over a day's period.

Garlic is one of the few things that will penetrate through that breast milk. You could put a garlic poultice on a kid's foot, but it's not going to do that much, and it's very difficult to do.

BISER: *Because he's going to wiggle all the time?*

SCHULZE: It's a nightmare. I've done it. The best way is just have mom load herself up with raw garlic, ten or twelve cloves, as much as she can get down during the day, and then just keep breast feeding that baby. And the key is, to put that baby on the nipple constantly during this, because the only fear, to anybody with a fever, is dehydration.

BISER: *The baby parents are going to worry. You know what they're worried about? 'I'm going to kill my baby*

SCHULZE: Oh, yeah. The real key is, if you want to kill your baby, take him to the hospital, because they'll suppress the fever with one thing or another. The bacteria or virus will overgrow, and then, you'll have a dead baby on your hands and they'll claim it was the disease.

BISER: *You know that someone will frighten the parents into thinking that they are harming their child*

SCHULZE: Oh God, nor at all. In fact, it's a brilliant routine for children. Just don't tell anyone you did this, because the laws concerning children are becoming more and more medical. The health authorities would consider this a dangerous treatment, if they knew you did it. They could take your kids away, or you could go to jail.

Diabetes in children.

BISER: *Richard, any advice for children -with diabetes?*

SCHULZE: The main thing is that the kids are so subjected to sugar. Their food program is very high in sugar.

BISER: *Doesn't everybody know this?*

SCHULZE: You'd think they would. Do you know how many diabetic kids I've seen drinking Coca-Cola?

People don't realize that Coca-Cola has about a teaspoon of sugar for every ounce of Coca-Cola. I see all these kids on their sweetened foods, and of course, a lot of parents think that, well, honey or maple syrup is OK.

Hey, sugar is sugar: and when you have a hard problem using sugar, you've got to get off it until your body can handle it again. That's all sugars. Even sometimes you're really sweet fruits like raisins. Even your juices, whether you are using vegetable or fruit juices. I'd dilute them half and half with water. Otherwise, they're even too intense for these diabetics.

But with children who are diabetics, it's quite serious because now they're dealing with what Dr. Christopher said are 'sins of the parents'. So, the first thing, you've got to get them off the sweet food program and get them onto a good solid healthy food program.

BISER: *Does garlic help children with diabetes?*

SCHULZE: Oh, absolutely, yes. I've worked with it with a lot of kids. In fact, everybody who comes to me with diabetes has to get on a program of garlic; and it works really well.

I easily get three cloves a day into kids. Just chop it up and put it inside capsules. We've had a lot of kids with diabetes start down that path, where the doctor says, "We need to take some pills," and then the next thing is, they're suggesting intravenous. We've turned it right around. Right back to nothing. But you know, these kids have gotten off to a bad start and it takes a little bit of work to correct it. But, once they're on the right track, oh gosh, they never have a problem again.

BISER: *Now, Richard, does garlic have a mild blood sugar-lowering action or a strong one?*

SCHULZE: I think it's incredibly strong. Of course, when you're testing for your blood sugar, you can see results every day. I've seen people reduce their insulin by half in a week.

Children and heart disease.

BISER: *What can you tell me about children and heart disease? We've talked about adults; we've talked about packs on their chest and all that. Anything special on children?*

SCHULZE: Yes, a couple of general thoughts. It used to be thought that heart disease in children was genetic... obviously a child couldn't develop hardening of the arteries.

Nowadays, with more children dying and having autopsies, doctors know that arteriosclerosis starts at 3 and 4 years old. So, with children, we're also dealing with high cholesterol levels.

I've had kids in here with cholesterol levels of 200 and 300. Obviously, children's diets today are worse than ever. The key is to give them

tremendous amounts of the heart food, like hawthorn berries. They can be on a steady diet of it.

Hawthorn berries have a lot of pectin in them. You can use them easily to make baby food. So you can take hawthorn berries and either soak them in water and / or other herb teas, and churn it up into a mash. It makes a gorgeous baby food. Babies love it. You can spoon it right down.

It doesn't work well in the bottles because there's so much pectin in the hawthorn, but when you get babies who are about six months old, they're going to want to put things in their mouth anyway, and they love hawthorn. You can always mix it up with a little bit of banana and some other fruit. Banana and hawthorn really work well. Babies can be on an almost steady diet of that for their heart.

BISER: *You've saved babies with congenital heart disease?*

SCHULZE: Oh God, we've had them with disease that makes my own case look wimpy. We have had them with holes in their hearts.

BISER: *And hawthorn healed it?*

SCHULZE: Oh, absolutely. I can't praise that particular plant enough. The chemists acknowledge now what hawthorn does to protect the heart. I always like to use the analogy .. - it's like milk thistle for the heart. Everybody goes, "Oh, yes, milk thistle binds to the liver cells and protects them."

Well, hawthorn does the same for the heart. It prevents any future damage from occurring, and if something does happen, then there is less damage to the heart. It's highly documented and works great. The old herbalists from England knew this, and it has always been the most popular heart herb throughout Europe. It was really Dr. Christopher who got it going in this country.

Another thing I want to mention is that I have given two-day and one-day-old babies cayenne tincture.

Cayenne tincture saves a six-hour-old baby.

BISER: *Oh you have? For what?*

SCHULZE: When they weren't going to live. Too much birth trauma, or mom and dad weren't healthy enough, and these babies were on the edge of not breathing.

BISER: *You thought they might not live?*

SCHULZE: Yes. In fact, I did it for the first time about twenty years ago, and the mom was absolutely collapsed. She had hemorrhaged during delivery, and so the midwives were taking care of her. Dad was just overloaded. He just couldn't handle anything. And I was there with the baby, and the baby wasn't breathing well. It was about, oh, I'm going to say, about six hours old.

I gave it one drop of cayenne tincture, which every book I've ever read said, "Don't. That's contra indicated." But when you're sitting there with a six-hour-old baby who's not going to make it, you have to do something.

BISER: *And you gave it one drop?*

SCHULZE: I gave it one drop, and boy, it's eyes opened up. It started screaming; it coughed probably an eighth of a cup of mucous out of its lungs.

I did it probably about ten more times in the next twelve hours. And that kid's now eighteen years old and hates me. But I've used it with lots of babies, and now it is standard practice with the midwives in Utah. Because I told the story so many times, the midwife organizations have adopted it, and now they all do it.

They, in fact, use my cayenne balm on the babies after they're born to rub in their spine, and they say it's the greatest thing for bringing around a baby.

One of the top midwives, the head of a midwives association, says that with every baby, they put a little cayenne salve on their hands and rub it into its back. They say it is the greatest for bringing babies to the planet.

You don't have to be afraid about giving the baby a little cayenne tincture. It's quite intense, and they'll scream and cry, but it'll get them to cough up stuff. You can always dilute it a little bit if you want to.

We've handled a lot of cases of babies with extremely high fevers, like 103, 104 fevers, all the way to severe tonsillitis and infection. We use the cold sheet treatment.

When you start treating the body the way that it wants to go, these things go away very rapidly, usually as rapidly as they come up. The only time I ever see the horrible things happen is in the hospital.

BISER: *Is that where the infection goes so fast that the baby goes into cardiac arrest?*

SCHULZE: Yes, exactly. And much of this occurs because medicine goes against what the body is trying to do.

Our first lines of immune cell defense are called macrophages. When they go and find infection, we'll say bacterial or virus, and they start to eat it, but it's kind of like in the old cowboy movies, where they looked up and were chasing four Indians and they came over the hill and found four million and they went "Holy sh—!"

Well, when the macrophages go "holy sh—", they run back to the deep Immune areas of the body to find the T-cells and the B-cells to tell them that there's a major invasion. But all along the way when they're running back, they're, like, wetting themselves...

I'm trying to draw an analogy here; they're pissing on themselves. What they're wetting themselves with is a chemical called interleukin-1, which, when it's released by the macrophages, stimulates a fever to heat up your body. This is what actually starts the fever process.

Again, for every degree of temperature rise in the body, the macrophages can go twice as fast back, and the T-cells can go twice as fast forward to kill it. So, if there's a big infection, the macrophages keep excreting interleukin-1 and the fever goes to 101, 102, 103 to create the healing process.

That baby goes in the hospital, and the first thing they hit it with are drugs to reduce the fever.

BISER: *Then the next thing is the white blood cells slow down...*

SCHULZE: That's right. And then the white blood cells slow down and the bacteria and the viruses go absolutely wild. Without realizing it, doctors have done the best thing they could for the bacteria and the virus

— not for the baby.

This is absolutely *against* what your body is trying to do.

The biggest danger to a kid that's this ill is a doctor or a hospital.

Medical procedures are absolutely against what the human body is trying to do, and needs to do. This knowledge is in the immune text books today, but most people don't read them.

Oh, into the year 2000, I guarantee everybody is going to look back on the second half of the century and see it as the absolute Dark Ages of medicine.

We have killed millions of children.

Chapter Nineteen

AIDS

AIDS

To cure AIDS, it's a total life-style change — not a drug or a pill. As you will learn from the videotapes and from this manual, natural healing *can* cure AIDS. But if you are looking for one special anti-viral herb to solve this disease, you're as nuts as the doctors. How stupid can these experts be (and the patients, too), to believe that a single drug, a chemical on its lonesome, can cure a total body breakdown? We don't need any more research money to cure AIDS. The answers already exist in this Collection, thanks to the work of Dr. Richard Schulze, who was not afraid to work with dying patients.

You want a cure, fine! How bad do you want it? Are you willing to go through the natural healing programs in this SAVE-YOUR-LIFE Collection for 14-16 hours a day? If so, you can be cured, just like the people we talk about in this Collection.

In case you are groggy or dense and didn't get my point, I will repeat it: AIDS can be cured. Right now. Forget the DNA research. Forget the emotional fund-raisers. They're not necessary.

The information in this Collection is not just for healthy people who are HIV-positive. It can also save those who are skin and bone and sores and diarrhea. If you follow all this information, you can end up cured and HIV-negative.

Sympathy and understanding cannot cure AIDS. This information will cure — but only if you use it with all your heart and soul.

If people would live right, eat right, think right, use natural healing, and stop taking all drugs, the AIDS epidemic would end.
— Sam Biser

SCHULZE: Referring back to that AIDS case we discussed on the videotapes, he was in the hospital. He had a T-cell count of 1 or 2 — and had about a week to live.

He was one of my most dramatic recoveries with AIDS, and the reason I say that is that he was the most far gone. He was in the absolute, end stage

- they have that wing in the hospital where they have given up on you. You can smoke pot and do anything you want. They had given up on him.

He was the sickest. He was just skin wrapped around bones. I've had people with Kaposi's sarcoma, and I've had people with pneumocystic lung fibrosis, but he was one of the only ones I had that had both lungs diseased

- full-blown, advanced.

BISER: *He had red blotches all over his skin.*

SCHULZE: All over his body. Most people — usually it's more prevalent on the feet.

BISER: *But he had them all over?*

SCHULZE: He had them on his head, his face, his arm, his chest.

BISER: *Don't you ever get scared that you, yourself, could get something from them?*

SCHULZE: Again, not that I am perfect, but it's another great motivation to take care of myself and eat right and live a fairly clean life. But I also feel I've always felt pretty impervious to this stuff. You know how it is being an Aries.

BISER: *Oh, you feel rugged*

SCHULZE: I'm headstrong. I feel tough. I don't believe a lot in the germ theory of disease. In other words, if you do get this sick, you've got to set up an environment for it. I take very good care of myself. I also know that orthodox medical beliefs about AIDS are wrong.

"A few years ago, I put a lot of energy out that I wanted to work with people with full-blown AIDS."

BISER: *You put the word out?*

SCHULZE: Yeah. This was mid-80's —1985, maybe. I wanted to let people know that natural healing had no boundaries. AIDS certainly wasn't a boundary, just because it was the new thing.

I think I said that somewhere, and it was on an audio tape, and this man heard the tape. So, I went to visit him, even though he only had one week to live. It was like, "Wow." I thought to myself, "Maybe I got into more than I can chew here." He was bad. But he really believed, even in his horrible state. He believed he could be well.

"The only reason the doctor is saying this terminal AIDS patient can't leave the hospital is because he's making \$1,000 a day off this guy. It's just a money thing."

BISER: *What did you do immediately so that he wouldn't die in one week?*

SCHULZE: Got him out of the hospital. This is the hard thing because to a lot of people that I see, the doctors say, "If you leave, you'll die."

Well, if you stay there, you're going to die, so get out of there. Nothing can really be done in a hospital environment. They are feeding you lime Jello. They have IV s with sugar in your arm. So, I said to his boyfriend, "They say he's dead. He doesn't want to be here."

Everybody is so alien to this thought of dying at home. For Americans, it's so unusual. I said, "Let's get him the hell out of here." I said, "Just getting him home would stimulate his immune system." And so his boyfriend agreed.

I had to get an ambulance service to pull this off, because the doctor sits there saying, "No, I don't want to release him."

BISER: *So, you got the release.*

SCHULZE: Yeah. You don't even have to get a release. Anybody in this country has the right to pull the plug and walk the hell out of a hospital.

I called an ambulance service with some big sumo wrestler-type guys, and they just came and I had an argument with the doctor myself. I said, He wants to go home, and that's where he's going."

So, we got him home and went the whole route. They had to get a juicer; they didn't have a juicer. We got a juicer on the way home. This guy really became a juice fanatic. Some people do. They drink it, and they feel it, and they love it. And then we did a lot, obviously.

BISER: *By the middle of the next day he was heavy into it?*

SCHULZE: Not even the middle of the next day. We got him out right then. It wasn't even the next day. We got him out right away. He was out of there. They picked up the juicer. I went over to their place that night, got them going on the juicer — the whole program.

"Juice-fasting is like a blood transfusion for sick patients who are wasting away to death."

BISER: *Did he start the herbs that day too?*

SCHULZE: The first is juice-fasting. That's what I start out heavy with. And then, over the next couple of days, we started into heavy doses

of immune-boosting herbs — the echinacea. He was doing about 10 dropperfuls a day of echinacea tincture, but also echinacea root tea.

BISER: *How much echinacea root tea?*

SCHULZE: I'd say about 4 to 6 cups a day, whatever we could keep down him. You can't get a lot in.

BISER: *You knew you might only have a week to make a turnaround.*

SCHULZE: Absolutely. When people are this thin, they tend to not be able to take much in their stomach. That's where the tinctures come in really nice, because you don't have to consume a large volume.

We had him on the teas, we had him on the detoxes, liver flushes, bowel-cleansing. We were doing a lot of enemas because his bowel wasn't working at all. I also did heavy bowel-cleansing to stop the constipation and diarrhea.

There wasn't much coming out. There was very dark, hard material, you know, just like chunks of debris. They had him on some pain stuff, and that stopped his bowels. One thing that was important with him was the juices really boosted him up.

BISER: *What kind of juices?*

SCHULZE: One of my favorites, and we used this with him, is carrot, beetroot and beet leaf.

BISER: *A mixture of those three?*

SCHULZE: Like 50% carrot and 25% beet root and 25% beet leaf. I remember his blood count was very low. We got his blood count normalized in 3 days. Not his T-cells, but his red blood cells. His hemoglobin count was very low.

BISER: *What did his boyfriend think when, in three days, his blood count was going to normal?*

SCHULZE: He was just thrilled. His hemoglobin count had been down very low at the bottom of the level. He had been white and pasty and weak. The blood count was so low, you could almost see through him.

In three days, his blood count was almost over the top. And his color was back, and he had lots of energy. I got the two of them some books on juices, and their juicer was running all the time.

Most of the cancer, the Kaposi's sarcoma, is just blotchy, but there were some areas where he had some horrible skin; and there was even some elimination coming out of it. So, we did a lot of drawing stuff on that to clear him out.

BISER: *Poke root poultices?*

SCHULZE: Yes, and a lot of skin-brushing. Whenever people have cancer, I always use that same black drawing poultice with the clay, the charcoal, poke root, garlic, goldenseal and just try to disinfect — burn a little and get it put.

Then we started working with the lungs because he had so many things going on. But this guy became an absolute raging fanatic — you almost know it when people are going to get well. They just get so positive. And this guy really got into it.

He was buying more books on it. And then I had him getting up out of bed, probably in a week, and doing the juicing himself. That's important too.

BISER: *Within the week, he was not dead?*

SCHULZE: Within a week, he was up, standing in the kitchen, holding on to the counter a little bit, wheezing and juicing. We went through a lot of blood-building juices. He got into mushrooms a lot, you know, immune-

stimulating mushrooms and fungi. He had some pretty bad thrush too, and we dealt with that. His mouth hurt a lot. In fact, the juices were quite painful to drink because his mouth was so full of sores.

BISER: *Did you ever do what Dr. Christopher did for the mouth — oak bark?*

SCHULZE: You can, and that works really nice. But the tea tree oil works even better, and it soothes and heals thrush in a 2-10% solution. One of the best brands is called Thursday Plantation. It's in all the health food stores. It's excellent. Another source is from Frontier Herbs. (These are listed in our Appendix on Sources.)

BISER: *How much did he take and in what form?*

SCHULZE: We made a gargle out of it. They didn't have any products back then, so we just made a gargle out of tea tree oil, and a mouthwash, and rinsed his mouth with it. It really destroys the fungus and also reduces the inflammation.

But the oak bark works really nice, too. In fact, I usually — for people like that, I make some kind of tooth powder, and I know I did for him. And it would have contained oak bark.

"He was cured in eight months, but relapsed slightly almost two years later when he went off his programs."

BISER: *As you told ?ne, eight months later, he walks into your office a cured man?*

SCHULZE: Absolutely. When he got strong, it was like the stuff jumped out of his body. And, of course — we think of AIDS as a disease, but it really isn't. It's just the combination of diseases that happens when your immune system gets depressed.

You build up your immune system and.. .oh, and this guy ended up not even testing HIV positive. I almost forgot that. It s supposed to be impossible, but then, in the last 5 years, I've heard of hundreds of cases like that.

In other words, he got so well they couldn't even find the antibody for HIV in him. And that's how you know that a lot of the information out there is garbage. For example, 5% of AIDS cases today don't test HIV-positive.

His lung fibrosis went away, but there was always some scar tissue in there. His lungs were never 100%, but they could have been if he had done more work in that direction.

But I do remember that a couple of years after, he had a slip, and this is quite common. And his T-cell count started going down. He had a relapse and, of course, he had gone off his program. He got back onto a program, and everything went back to healthy.

I had a woman patient who had breast cancer with a malignant tumor, golf-ball size. Got rid of it through natural healing, and she had a lump come back in her breast about 10 times — probably every year. When I call her, and she goes back on her program, it goes away. So, it's very common that people, once they feel...

BISER: *They celebrate.*

"There is life after the incurables program, and it's not back to the life-style that got you in trouble."

SCHULZE: Absolutely. I'm not saying that they can't have a Saturday night 5 times a year or something. I'm just saying that isn't what they do. The programs just start lessening and lessening, and the next thing you know, they have slipped back into their old ways.

He had a few minor relapses again, which I almost see with every patient. It's almost like you could count on this.

BISER: *Now, the relapses are not inevitable. They're caused by going back on junk?*

SCHULZE: Yeah. And everybody seems to have it at some point. You know what happens is, obviously, you get to a point where you go, "Well gosh, if I've got to stay on this program, maybe I don't want to live."

It's someone's birthday, so I'll have a little bit of this cheesecake and a little piece of chicken. And, you know, there's no big deal about that. But then it happens again the next week, and the week after, and then it's two-days-a-week and then it's three-days-a-week.

Over a year or two, a person's diet has gotten very sloppy. And usually it happens the second year, and then I get the call, "My disease wasn't gone, it's back."

People have to realize you need to adopt a new healthy life-style for the rest of your life. This is not a program to be chucked when you get well.

If we bombard our bodies with so much crap, something is going to go wrong with us. In immunology, you learn that the primary function of the human body is to survive. That's what it is constantly doing. But you have to give it the natural methods that it needs.

Red clover for the skin cancers of AIDS.

SCHULZE: I had an older AIDS patient, a man in his late 40's with no problem with his lungs. He wasn't a smoker either. He did have the Karposi's sarcoma, but only on his feet and ankles.

But that's usually where it starts. He had a T-cell count down there. We're looking at, I think at one point it was 100, which isn't uncommon with AIDS patients.

And, of course, once his T-cell count hit 100, that's when he started having the Karposi's sarcoma. The red blotches came out about grape-size all over the bottom of his feet on his ankles. He might have had one or two on his arms, but primarily on his feet.

He was a writer - wrote novels and some poetry. He was pretty much ready to give up. All these people who come to see me just want to know if they can get their digestion better, because they are having diarrhea and this and that.

After I overwhelm them for two hours in my office, they believe they have a chance. But none of them ever have an idea of really beating it. I would love to get some people with AIDS who really want to beat the disease.

BISER: *But that is not what they want from you*

SCHULZE: No, they just want to feel comfortable; because everybody has told them, including all of their friends, that they are dead.

They were not trying, but he was. I thought that he was a pretty healthy guy. He wasn't one of these wasted-away ones.

BISER: *So you helped this guy, right?*

SCHULZE: Yea, but he did have the Kaposi's sarcoma cancer which is considered a malignant cancer. He had some meat on his bones. He was also in a monogamous relationship.

I'm not so sure if he contracted AIDS because of his homosexual activity on the side, or maybe he did some intravenous drugs. I wasn't so sure about how; maybe an occasional weekend in a bath house — but he did *something* that dropped his immune system.

BISER: *Did this guy get rid of his Kaposi's sarcoma?*

SCHULZE: Absolutely. A complete turnaround. I'm going to say it was about eight months before he didn't have a blotch on his body. And, of course we also treated that externally. We did a few kind of odd things with him. Red clover. I'm a big fan of red clover, topically, when you are talking about skin cancers.

BISER: *Red clover what? Like a paste?*

SCHULZE: You can make it into a paste in a blender with the poke root. You can take the red clover blossoms, just fresh or dried, and put them right in your blender with anything else you'd want to put on it.

Also, I'm sure it would have been slippery elm, a little bit of garlic; because I didn't want to burn his skin, but I wanted some garlic in there, and apple cider vinegar, charcoal and bloodroot.

BISER: *Not even poke root?*

SCHULZE: Oh yes, poke root. And poke root, if it's fresh, will burn through the skin similar to garlic. Dried poke root won't do that. It's a lot less volatile. I didn't want to burn this off, because it's just like purple bruises. It's not like there is something there like a wart. But I wanted some garlic and I used dried poke root. The red clover is so brilliant for skin cancers.

BISER: *You mean sometimes you will use it by itself?*

SCHULZE: Oh yea, in Dr. Christopher's book, School of Natural Healing, there are cancer plasters.

BISER: *What does plaster mean, just a concentrate?*

SCHULZE: Yea, I think he talks about simmering down red clover blossom heads similar to the hawthorn berry tonic. We end up with a syrup of red clover and you spread that on the skin.

Nowadays, what we might do instead are cold extracts like tinctures where you are concentrating by extracting. But what I usually do.. I'd rather have someone use something over a long period of time. So, you can just take fresh red clover heads, put them in a blender, add a little bit of vinegar, a little bit of slippery elm or (if you want to draw,) use clay. And just a little bit of garlic, like a clove of garlic.

I know I am not giving you a total recipe here, but it's one of those things...

BISER: *Yea, I know, you mix it up on the fly.*

SCHULZE: You blend that up, and you have yourself a paste, and it's like a reddish-brown because of the red clover. It adheres right to the skin because you put the slippery elm in there to hold it together.

We would pack his feet in that at night, and just get it right over that cancer. Although cancer is systemic, when you have cancer that you can see on the body, why not treat it right on top?

We packed his feet in that at night. He did the whole incurables routine. He got better, he got stronger, his T-cell count kept going up and up. One thing that people need to know here, too, is: T-cell counts don't go from 150 to 1500 on a steady line.

I mean, sometimes he tested, and it would be like 275 and the next time 230. He'd get depressed, and I'd have to tell these people. "Come on, this is ridiculous. You're heading uphill."

There are bumps. It's like a jagged line, but your direction overall is uphill. I have to remind a lot of people with degenerative disease of that one. I have to kick their butts. He'd have like a one or two degree slip in his T-cell and he thought that was meaningful or he was getting worse or whatever.

His T-cell count started going up and up. He wanted to give up on his feet, because they weren't changing that much. But then sure enough, slowly, he got better and better. His T-cell count kind of normalized at about 1200, which isn't necessarily optimum.

He didn't know what his was before he got sick, anyway. That could have been normal for him. I feel that anybody who gets AIDS unless they have had a horrendous life-style, probably has a weak immune-type body.

Immune types will walk out in public, someone will sneeze and they are HIV-positive. I really believe that. They are susceptible to everything. Because their weakness is in their immune system, in their lymphatic system.

All cancer blotches went away and they said it's gone into remission. He was as cured — as long as he follows the program.

"These methods have saved people who looked like they could have been a dead corpse in a wheelbarrow at a concentration camp."

BISER: *Have you had many people who were skin and bones?*

SCHULZE: Absolutely. I think probably half my patients have been skin and bones types. They took off their shirts to show me a spot, and it was like, "Put your shirt back on." They had depressions between the ribs. You could put your fingers in the ruts between the ribs.

BISER: *T-cell counts of what?*

SCHULZE: My lowest, I think I told you was 2 and 1; it fluctuated. They said they saw a count of 1. I've had numerous cases down in the 25-30 range. And I've had them where they looked like.. have you ever seen the pictures right after the Americans went into the concentration camps, where they would pick up the dead bodies? They put them in wheelbarrows. Well, a lot of my patients looked like they put a vacuum inside them and it sucked everything in.

BISER: *And you pulled them out of that?*

SCHULZE: Absolutely. One problem is that they are not assimilating. They are so ill. How do you cope with their problems? The first thing is a juicer. They have got to get a juicer.

BISER: *And they are not doing that already when they come to you?*

SCHULZE: Oh, God no.

BISER: *You mean, all this holistic information is floating around the underground, and they are not doing that?*

SCHULZE: I know, it's shocking. It really is. Our rules at the clinic have always been, if you are called an incurable and if you don't buy a juicer, we won't even see you again. I won't work with them, period. That is one of our basic criteria.

You look at a person like these Jews from the concentration camps. You think, "Well, if I tell them to eat fatty foods, it will fatten them up." But they can't assimilate it.

The only thing they are going to assimilate is the most basic food— and that's juices and herbal drinks.

BISER: *Have you seen some of those skin and bones come back all the way?*

SCHULZE: Absolutely. But these people usually have diarrhea.

BISER: *How do you stop the diarrhea?*

SCHULZE: Getting healthy. Sometimes we use the intestinal formula number two to solidify it just to make them feel a little bit better, and to soothe and detoxify the bowel. Basically, getting their immune system working again will fix the diarrhea.

A lot of people think, "I don't want to drink juices; I have diarrhea, and I need fat in my diet." They are eating hamburgers or something. What we have to tell them is, "Look, you are not assimilating anything."

BISER: *You can eat it, but you can't assimilate it!*

SCHULZE: But you *will* assimilate these juices. Boy, do they brighten up on the juices. And then, once they are clean, and they do some bowel cleansing or whatever, they start assimilating, and then you get them on

high-fat foods like avocados, sesame tahini, nut butters, whole grain bread, and olive oil.

BISER: *But that's a long way off*

SCHULZE: Yea, it is. The juices come first.

The cold sheet treatment must be done by AIDS victims.

SCHULZE: All AIDS victims need this hydrotherapy. It is mandatory — not optional-

My wife, who was not ill, still claims that it was the turning point in her life because she had volunteered in class to do it. The treatment was metamorphosis for her. It was like coming out of the cocoon for her physically. But it does a lot more than that.

Everybody today has some psychological problems, maybe from their childhood, and the cold sheet treatment can release these. Emotional healing is part of the program, especially for people with AIDS. We need to do anything to liberate the immune system. So, don't underestimate what goes on during this cold sheet treatment. It's physical, emotional, spiritual, psychic, and it's powerful.

"A common denominator of AIDS is they hate their lives."

SCHULZE: The common denominator I found in most people with AIDS, (now, I'm not talking about the rare case of the hemophiliac — they're at a blood risk) is that they hated themselves.

They hated their lives. They thought because they were homosexual, they were going to hell and burn for eternity. I mean, you can imagine what went on in their minds. They were immune risks.

I had one patient — a man who used to go to the bath houses and have oral sex with 12-15 men in a night— swallow a pint of semen.

Let me put it this way: I have never ever seen anybody get AIDS who didn't tell me a story of their past that didn't make me just about want to vomit. Okay? I thought I was a pretty hip dude. I mean, I'm from the Woodstock generation. I thought I'd been around a little bit, and when these people come.. .well, it's just too much.

Most people who get AIDS have the worst, most disgusting life-styles. They stay up all night long, they use massive amounts of drugs. You know, when you have multiple sexual partners, it's an immune risk because, you know, when you have sex with someone, whoever that someone is, you're sharing bodily fluids, and our immune system has to eat that.

And so, if you're having 12 different partners in a night, your immune system's blowing out. And you know what the bottom line is, healthy people don't get AIDS. They get sick, but they don't get AIDS.

Immune System Formulas

AIDS patients can also use the Supertonic immune formula, covered in our chapter on immune formulas. This was a favorite of many patients. Patients can also use herbs mentioned on the videotapes as anti-viral herbs.

Chapter Twenty

**Immune System Formulas and Skin
Cancer.**

Immune System Formulas

In this section, you will learn about three formulas for the immune system. One of them, a simple echinacea root tincture, is part of the incurables program. The other two are for when you need them.

Let's start with echinacea root formula. The ingredients are:

9 parts fresh Echinacea angustifolia and

echinacea purpurea root juice.

1 part Siberian ginseng root

1 part Pau d'Arco inner bark

1 part fresh Garlic bulb juice

BISER: *I'm looking here at your immune formula, what do you mean echinacea root juice? Do you mean tea?*

SCHULZE: No. You get the echinacea roots and you soak them in alcohol, like you were going to make a tincture. If you can get the fresh echinacea roots, it obviously works the best. What you do is to get a good fresh echinacea root and just soak it whole, or sliced against the length of the root, like you'd cut a carrot in half against the length.

And let it soak in alcohol for 2-3 days until it absorbs that alcohol. Then take it out of the alcohol, because you're not using the alcohol, and then you run the roots through a Champion juicer.

BISER: *What do you do with the alcohol you've soaked it in?*

SCHULZE: You can use that as a base for an echinacea tincture if you want, but that isn't really what you need. What you're getting out basically is all the liquid that's inside that echinacea root, and that's much stronger than an echinacea tincture.

BISER: *If they can't get a Siberian ginseng, can they use American?*

SCHULZE: It wouldn't be for the same exact thing. A Siberian ginseng is more of a strengthener over the long term. The American wild ginseng is more of a quick stimulant, like right away. But the Siberian ginseng plant really doesn't grow anywhere outside of Asia. You add these to a jar in the proper proportions and tincture it. If you are missing the ginseng, or the Pau D' Arco, make the formula anyway. Even just 90% echinacea root and 10% garlic will create the greatest immune tonic.

Dosage: Two dropperfuls, four to twelve times a day.

The second immune formula. This turns out to be many patient's favorite formula, because of how it helped them feel.

The second formula is the Super Tonic, a formula by Dr. Richard Schulze. This is the 1990's version of Dr. Christopher's original anti-plague formula, which I will give you later.

The Formula

**1 part fresh-chopped White onions,
or the hottest onions available.**

1 part fresh-chopped Garlic cloves

1 part fresh-grated Ginger root

1 part fresh-grated Horseradish root

**1 part fresh-chopped Cayenne peppers
or the hottest peppers available.**

Fill a glass jar 3 / 4 of the way up full with equal parts of the above chopped and grated herbs. Then fill to the top with *raw*, unfiltered,

unbleached, undistilled apple cider vinegar. Close and shake vigorously and then top off the vinegar, if necessary. Begin this formula on the NEW moon and strain and bottle on the FULL moon, approximately 14 days.

Filter the mixture through a clean piece of cotton, bottle and label. Make sure that when you are making this tonic, that you shake it every time you walk by it, a minimum of once per day.

Remember that all the herbs and vegetables should be fresh (and organic, if possible), and to use dried herbs only in an emergency. If you have a hard time finding any of these particular herbs in your local health food store or grocery, try asking the produce manager for a special order, and if this doesn't work, look for them in an ethnic area of your town, such as Asian, Indian, Southern European, South American, etc. where people use these herbs in their everyday cooking.

Dosage: 1 teaspoon 3 times daily to 1 tablespoon every 1/2 hour, depending on the patient's condition.

SCHULZE: A single dose is a half to one full ounce, and I suggest an ounce. That's like a shot glass. And people say, "Isn't that a bit intense?" Well, hey, people sit at a bar and knock down shots of tequila.

You take an ounce, you gargle with it thoroughly. Get it all over the right side and the left side and the tonsils and deep in the throat. Then, you kind of just let it slide down your throat, not with really a swallow, just let it slide down your throat.

And that's an ounce of vinegar, basically, what you're taking. If someone has a real sensitive stomach, they can take a half ounce, but it's really an ounce shot, and I would suggest up to eight times a day a person could take that. So literally, they're taking 8 ounces a day, if they really need to recover from something.

Dr. Christopher's Anti-Plague Formula

This is the famous formula Dr. Christopher created for fighting outbreaks of any plague, plus colds and flus and any rapid systemic infections. Dosage: Same as the dosage on the preceding formula.

INGREDIENTS:

4 ounces Black walnut concentrate

4 ounces Wormwood concentrate

4 ounces Marshmallow root concentrate

4 ounces Oak bark concentrate

4 ounces Lobelia leaf or seed concentrate

4 ounces Mullein leaf concentrate

4 ounces Skullcap leaf concentrate

4 ounces Uva ursi, Hydrangea or Gravel root concentrate

8 ounces Comfrey root concentrate

32 ounces Apple cider vinegar

20 ounces Honey [raw, unfiltered and local is best]

20 ounces Glycerine

8 ounces Garlic juice [fresh, raw, organic]

PREPARATION:

Each concentrate should be made individually. Start by soaking each herb for four hours or more in enough distilled water to cover them. After soaking, add more distilled water so that the total added water equals 16 oz. water per 4 oz. of herbs.

After adding the appropriate amount of distilled water to the soaked herbs, simmer on a very low heat in a covered saucepan or double boiler for

30 minutes. Strain this decoction and place into an uncovered clean pan or uncovered double boiler and simmer it down to 1/4 the original amount, in other words, to 4 oz.

Each concentrate should be made separately and then only mixed when the entire formula is blended together. Using the amounts in this handout 120 ounces (approximately one gallon) will be made. If you desire to make less, just reduce all the proportions equally.

To make eight ounces of garlic juice takes one full pound or more of fresh garlic. Fresh garlic juice is extremely potent. That's what makes the formula work.

Comments on making garlic juice for the formula...

BISER: *How much garlic gives you how much juice?*

SCHULZE: If you're going to make straight garlic juice, theoretically, you take garlic and run them right through the Champion juicer. You don't have to peel it. You just run the whole thing through. Cloves, skin and all and you're just getting the juice out of garlic. And that is incredibly **POTENT**. (I can't *emphasize* this enough.) Most people can't take that straight.

You can't even put that on the skin straight. It'll burn it right off. Now that's what garlic juice is, but what we do is we add that to the tincture bases. It's like adding an essential oil; it's very concentrated.

I like to use it because it's the most active and it's the most concentrated. You can also tincture garlic and that's very strong, but it's nothing compared to when you juice garlic. You can imagine, you can juice pounds of garlic and you get 2 or 3 ounces of juice. You don't get a lot of juice out of garlic. But what you get out is.. .nuclear weaponry.

BISER: *So, you put it through the Champion juicer?*

SCHULZE: Yes.

BISER: *OK. What about a food processor?*

SCHULZE: You can, but it won't come out in a food processor.

BISER: *It'll come out like a slurry or something?*

SCHULZE: It'll come out like a slurry and then you probably want to put that in a cheesecloth and really squeeze it out. But it's hard to juice garlic. It doesn't have a lot of juice in it.

Dosage: 1 teaspoon 3 times daily to 1 tablespoon every 1/2 hour, depending on the patient's condition.

"Echinacea cures the incurables, but not the way people are using it."

BISER: *Most people believe that herbs are mild and quite ineffective, as compared to drugs. Is that true?*

SCHULZE: Not at all. In most cases, herbs are more powerful than drugs -when used with complete, full-spectrum programs, as I did in my clinic.

Now, you realize I am not talking about the garbage sold at healthfood stores. I'm talking about the stuff people can make at home, as I'll show you in a moment.

BISER: *What have you seen herbs do in your clinic?*

SCHULZE: I had sixteen people with AIDS, some of them terminal, and they were cured with natural healing.

Because of the geographic area my practice was in, I saw many AIDS patients. These people usually had low T-lymphocyte blood counts. Many Under 200, some in the double digits; I even had a few with 1 or 2 T-cells only.

BISER: *Only one or two?*

SCHULZE: Yeah, it doesn't get worse. And some of these people had Kaposi's Sarcoma Cancer and Pneumocystic lung fibrosis, too. I had some real sick patients. Some had less than two weeks to live.

BISER: *What happened?*

SCHULZE: Almost across the board, I saw everyone's T-cell count double in a matter of days as long as they followed the full incurables program, stopped their immune-destroying chemotherapy with AZT, and took the herb echinacea at the rate of 360 drops (12 dropperfuls) a day of tincture. I also had to work on their attitude, but we'll get into that some other time. Many of these dying people had a complete return to health.

"Homemade echinacea jumps the T-cell count better than any drug the doctors have."

BISER: *Echinacea! Isn't this herb just the new fad?*

SCHULZE: If you call 1,000 years or more of use a new fad.

BISER: *Who's been using it that long?*

SCHULZE: The American Indians used echinacea extensively for hundreds of years. They used it for all types of disorders but especially for wounds and rattlesnake bites. They knew that it increased the body's ability to recover from illness and injury, but also protected the body from poisons and toxins.

"Dr. King was a famous doctor at the turn of the century whose wife was cured of cancer by taking echinacea tincture. The doctor's regular herbal medications did not help her."

BISER: *But why didn't the doctors use it?*

SCHULZE: They did. It's a very interesting story. In the late 1800's, there was a man named Joseph Meyer from Pawnee City, Nebraska.

He was a peddler of various goods by wagon and he learned the virtue of a Kansas root from his Plains Indian friends. He made and bottled a tonic of alcohol from this root and sold it as a cure for everything that seemed to be.

He traveled the west in his wagon selling this tonic and became quite famous both as a healer and showman. As the story goes, he would let live rattlesnakes bite him on stage to prove the effectiveness of his tonic and it seemed he never got ill.

This is where the name snake oil peddler originated. He also claimed that his tonic would cure cancer. It seemed to, and he claimed it was good for everything from mad dog bites to the plague.

At the end of the 19th century, he decided he would like to know what this root actually was so he shipped off a case of his tonic to Professor King, one of this nations leading doctors at the turn of the century and author of the famous King's American Dispensatory.

Professor King laughed at this request, stuck the bottles of snake oil tonic under a bench at home and wrote Joseph Meyer back and told him what an idiot he was to think that an herb could be identified from a bottle of tonic and to send the whole plant to his laboratory if he wanted it identified.

In the meantime, Professor King's wife was dying of cancer and wasn't getting better, despite all that he was doing trying to save her. He had the best medicines of the day. His friends and colleagues, especially the Lloyd brothers of Cincinnati, Ohio made what was then, and still is considered today to be, the highest quality and most effective herbal preparations in America. But nothing helped Professor Kings wife and she was slipping away.

Joseph Meyer sent off the plant and Professor King shelved it. A few months later, professor King's wife had a full recovery from cancer. He was overjoyed, of course, and questioned his wife. He told her that he was glad

that his medical advice and prescriptions finally worked. He was shocked to hear that she had given up on his medical advice months ago, stopped using his prescriptions and started using snake oil.

At that time, no echinacea preparation was sold or ever heard of in medicine. In 2 years, it became one of the most widely-used tonics by doctors in America. It was only abandoned when the A.M.A. destroyed herbal medicine in this country and drove the over 20,000 practicing herbal doctors out of business.

Unfortunately, most modern herbalists I meet don't like to hear or tell stories about echinacea curing cancer.

BISER: *Why not?*

SCHULZE: Because they want herbology steeped in scientific data and standardization. They want to forget about the past; they think it's embarrassing, and the)' never want to talk about the fact that herbs, absolutely, without a doubt, destroy tumors and cure cancer.

"Most echinacea products in the health food stores are a bunch of watered-down useless garbage. Test them and you'll see I'm right."

BISER: *Why not?*

SCHULZE: It is definitely not politically correct. Today's herbalists want to downplay herbs and cancer, so they can "get along" with the power people.

Another reason a story like this is embarrassing is that most of today's echinacea tinctures on the market are so standardized (the modern lie for watered down), I can't even taste or detect any echinacea in 75% of them.

I would guarantee you that Joseph Meyer's snake oil tonic was better than any of these pharmaceutical herbal products. In fact I know that the tinctures at the turn of the century were stronger.

BISER: *How do you know?*

SCHULZE: I've tasted them.

BISER: *Tasted tinctures over 50 years old?*

SCHULZE: Absolutely. About 15 years ago, when Dr. Christopher was alive, he told me I should go and visit a friend of his named Nathan

Pothurst because Nathan was, I believe, in his nineties at the time and Dr. Christopher didn't know how much longer he would be alive.

I traveled to visit him and had the opportunity to spend some time with a man who ran one of the last existing Botanical Pharmacies that I know of in the United States. His pharmacy was in downtown San Francisco on Ellis street amidst the skyscrapers, and I believe it had been in operation since before the first world war, maybe earlier. This man was an endless supply of knowledge of what it was like in herbal pharmacy almost 100 years ago.

Nathan used to supply Dr. Christopher with some herbs and herbal products and he is also the man who told me the earlier Professor King story. Nathan still had some samples of tincture in his pharmacy from just after the turn of the century.

I was privileged to be able to wipe the thick dust off and sample some of them and, let me tell you, even after over 50 years, these tinctures curled my toes they were so strong. When herbal doctors reigned in this country, they didn't use the tinctures like most of what is available today. The modern watered-down garbage wouldn't have made it to the public because the pharmacists would have thrown it down the drain.

BISER: *You are kidding me! Aren't you being a little hard again?*

SCHULZE: You tell me, but first, try this experiment Go to the store, buy every echinacea extract you can find, and I guarantee you that what you can make in your kitchen in one hour will be better than any of these so-called

standardized, super-potency, chelated, gold label, whole plant, quick active, fresh plant juice, hydroprocessed, German commission-E garbage.

BISER: *I did your test, you were right. It's hard to believe, but it's a bunch of garbage out there in the health food stores. If strawberry jam tastes like strawberries and lemonade like lemons, why don't any of the super duper Echinacea extracts taste like the real thing, the plant itself? What should I tell my readers to do?*

SCHULZE: If they can't find a reputable source, they should make their own. It's very easy.

BISER: *How?*

SCHULZE: Just buy some fresh or even dried Echinacea root, (sources listed in earlier newsletter) Start on the new moon and soak this root in 80-proof vodka for 4 or 5 days and then put it in your blender.

Blend at low speed at first. It won't turn into total liquid but it will break down some. Pour this back into the jar and let it settle. Whatever size jar you are using, make sure that 2/3 of the jar is this settled root mash and 1/3 over that is the alcohol. On the full moon, press this out by hand through a clean and rinsed dishcloth.

If you want to make a really super-strong tincture, save this tincture until the fall and pour it over fresh Echinacea leaves and flower heads using the same procedure as above. Make it with the moons, about 14 days, strain this out and you will have the best, most potent Echinacea tincture, better than anyone makes.

BISER: *Should people grow their own?*

SCHULZE: Absolutely. I suggest that anyone who has the slightest green thumb give it a try. Echinachea is in the sunflower family, looks similar to one but has bright purple flower petals. It is a beautiful plant to have around the house.

SCHULZE: Echinacea has 9 known species and all are native only to the United States but they are now grown all over the world. The plant is in the sunflower family and the most popular species used medicinally are echinacea angustifolia, echinacea purpurea and echinacea palladia but all 9 species are medicinally competent. However, the Echinacea angustifolia is probably stronger. It was the one preferred by the plains Indians.

"How to actually use this miracle plant."

BISER: *All right, now tell me, what does Echinacea actually do?*

SCHULZE: It seems to be more what doesn't it do. It has been found in hundreds of medical and scientific tests conducted worldwide to stimulate and boost almost every aspect of your immune system.

It helps the body create more immune blood cells, actually increases T-cell counts, helps increase macrophage production and activity (eating ability), stimulates production of interferon and interleukin I, and it seems to protect cells from invasion.

I have heard it is even being used in Germany as an intravenous Injection for immune depression and degenerative disease. In fact, the Germans have run tests on Echinacea showing great immune enhancement using these poor quality extracts. Just imagine the miracles when you make your own or use a great quality one.

BISER: *How do you use it?*

SCHULZE: It's easy. Echinacea root must be simmered to make a decoction. Put 1 level tablespoon of the cut and sifted root or five 1 inch pieces of the root into a saucepan with 16 ounces of distilled water. Simmer slowly for 1/2 hour. Drink this 2 to 3 times daily.

For a tincture, a minimum dosage is 60 drops (2 dropperfuls) 3 times daily or 180 drops (6 dropperfuls) a day. Take this dosage for two weeks straight, rest one week and repeat, if necessary.

In serious conditions this dosage can be doubled, even quadrupled up to 2 dropperfuls every hour of the day. I have personally used one ounce per day for a super-immune blast. Echinacea and Garlic are a dynamite duo, and I highly suggest they be used together. I suggest anyone on Echinacea consume at least 3 cloves of garlic a day, also.

BISER: *What about other diseases?*

SCHULZE: Echinacea is a specific for when you have a cold, flu or fever. It's also for fighting any type of infection, heat or swelling. It is potent for any toxic bite or sting. You can also use it externally. It is famous for cancer and should be used two weeks on and one week off until health returns.

I have had many patients recover from cancer, some from AIDS and other degenerative diseases and all of them used Echinacea as a foundation part of the program.

I had a woman come into my clinic who had an infected, swollen sore throat for 3 1/2 months and the doctors had given her every drug and antibiotic under the sun; nothing worked. Her immune system was shot. She used Echinacea tincture for 2 days and it was gone and never came back.

I have had patients with chronic infections for years get almost instant results using Echinacea only for a few days.

"You can't build more immune cells from pizza, beer, ice cream and coffee"

BISER: *O.K How do we keep it strong?*

SCHULZE: Well, it's a whole program. Everybody wants the fast, easy way, with a little echinacea added to a bad diet, but it doesn't work. Your

body won't build immune cells from Beer, Pepperoni Pizza, Ice Cream and Coffee. In fact, junk food and sugar actually depresses your immunity.

The first step in building any blood, red or white, is a food program that will supply super amounts of nutrients (vitamins, minerals, enzymes, amino acids), this is what you build blood from, and I said a food program, not pills.

BISER: *In other words, not by taking vitamin and mineral pills.*

SCHULZE: No, by using foods.

BISER: *What foods?*

SCHULZE: First, juices, get a juicer. I have seen people build their blood up in hours using the juicer; it's like a blood transfusion.

BISER: *Any particular blood-building juices?*

SCHULZE: The best VEGETABLE combination is:

70% carrot juice

20% beet root and beet greens

10% other dark greens

If you are not used to carrot juice, start off with 80% apple and 20% carrot. As you get used to this, start adding more carrot and less apple. This is a good way to do it for children, also. The juices must all be fresh, you must buy a juicer and juice them yourself.

The best FRUIT combination to build the blood is:

40% apple juice

40% grape juice

20% any red, blue or purple fruit (blueberry, raspberry, blackberry, cherry, prune, etc.)

The best detoxifying juice, and also blood builder, is wheatgrass juice. You can find it at most health food stores. It is strong-tasting and also strong in action. Start with 1 ounce per day only and if you can't stand the taste, mix that 1 ounce with 8 or more ounces of carrot juice.

BISER: *What else?*

SCHULZE: What I call the Super Foods. These are foods and herbs that naturally occur on this planet that are the most concentrated forms of nutrition discovered. We mentioned them in the last newsletter and gave the formula. You add equal parts of each, or change ingredients to suit your taste or metabolism.

You have to supply your body with the highest quality FOOD sources of Vitamins, Minerals, Enzymes, Amino Acids etc., if you expect to build blood and a strong, powerful immune system. Then you can use herbs to wake it up.

"Echinacea stimulates the immune system, but it doesn't come close to garlic as far as an anti-infection herb."

BISER: *What about garlic and the immune system?*

SCHULZE: I know what Echinacea has done for me in the clinic. It is one of my most favorite herbs, but if I could only choose one herb for the immune system, in fact if I could only have one herb to use at in the clinic at all, it would be garlic.

BISER: *Why so much belief in garlic?*

SCHULZE: It's not belief, I have seen the miracles it creates.

BISER: *What have you seen?*

SCHULZE: I have seen garlic heal cancer, inside and out and I have seen it destroy ail bacteria, virus, fungus, worms and parasites, everything inside, and outside too.

Garlic is the most potent killer of bacteria, virus and fungus, in fact any antigen / pathogen, stronger than any other herb. In other words, echinacea may stimulate the immune system more than garlic, at least there is more clinical proof of this, but it is not nearly as potent at directly destroying pathogens.

Garlic does enhance the immunity, but is the deadliest killer of everything that can hurt you. This is why I say echinacea and garlic are the best dynamic duo.

BISER: *Why does it -work better?*

SCHULZE: Pharmaceutical antibiotics are non-selective in their destruction of bacteria in your body; they just destroy it all. This creates many problems because our body has millions of so-called friendly bacteria that we need for proper metabolic functions. This is why many people, after a course of antibiotic therapy, have digestive problems, constipation, and yeast and fungal overgrowth infections.

A worse problem is that antibiotics don't destroy 100% of a bacteria strain in your body. Usually only 99%. The remaining bacteria mutates, becomes more deadly and antibiotic-resistant. This is how very lethal, antibiotic-resistant strains of bacteria are created.

Garlic is totally selective in its bacteria destruction, only killing bacteria that's harmful to our body. What is amazing is that, at the same time, garlic actually enhances our friendly bacteria and improves our intestinal flora and digestion.

BISER: *Can you tell us some of the bacteria that garlic is proven to destroy?*

SCHULZE: Garlic destroys many types of bacteria including Streptococcus, Staphylococcus, Typhoid, Diphtheria, cholera, bacterial dysentery (Travelers diarrhea), Tuberculosis, Tetanus, Rheumatic bacteria, and many others.

But, that's not all, garlic is also a extremely potent anti-viral agent. Garlic has been tested against many viruses and is known to destroy on contact the viruses that cause Measles, Mumps, Mononucleosis (Epstein-Barr), Chicken pox, Herpes simplex #1 and #2, Herpes Zoster, Viral Hepatitis, scarlet fever, Rabies and others.

But still, that's not all. Garlic's anti-fungal ability is second to none. In the laboratory, it has proven to be more potent than any known antifungal agent including Nystatin. Garlic will regulate the overgrowth of Candida albicans and positively kill ringworm.

BISER: *What have you used garlic for in your clinic?*

SCHULZE: Everything I mentioned above but mostly cancer. Garlic is a proven cancer remedy. About 1/3rd of all the medical research into garlic is cancer-related.

Garlic has been shown to help our white blood cells not only defend us against cancer, but also to increase our ability to destroy tumors. When the properties of garlic are present in the bloodstream, many aspects of our immunity are enhanced. Garlic has also been found to stimulate interferon production, enhance natural killer cells, stop tumor growth, and even reduce the associated pain of cancer.

BISER: *Any particular types of cancer?*

SCHULZE: Most of the research has been done on cancers of the digestive tract. In one medical university study, garlic was shown to reduce stomach cancer 10 times more effectively than the non garlic-eating group.

BISER: *How do you suggest to actually use it?*

SCHULZE: Anyone who wants to start using garlic should start with one large clove a day. Each clove should be an inch to an inch and a half long.

SCHULZE: The best way is raw; either chewed, chopped in your salad or run through your juicer with fruit or vegetable juice. When you can handle this, go to 2 cloves and work your way up to 3. Most studies show the minimum effective dosage to be 3 large cloves a day — so this is what you want to take.

"The bottom line I told my patients is that cancer smells a lot worse than garlic"

BISER: *But everybody is afraid of the bad breath from it.*

SCHULZE: There are a lot of natural breath aids. I find the best way to cover up the breath problem is a little peppermint essential oil or tea tree oil. Just a drop or two in the mouth does the trick.

Dr. Christopher used to suck on a clove bud; that also does the trick. There is a good tea tree oil breath drop in the health food store called Tea Tree Mouth Drops by Thursday Plantation out of Australia. I used this one in my clinic, and it always did the job. They also make a tea tree oil-tooth pick.

BISER: *You also mentioned external use.*

SCHULZE: Absolutely, it works great outside the body, too. Remember, GARLIC WILL BURN YOU. Garlic contains sulfuric acid and will burn through the skin. This can be helpful when you want to burn off cancers, warts, boils, anything, but make sure you are also taking it internally.

"Here is a formula for a poultice made with garlic that I used in my cancer cases..

BISER: *How do you actually use garlic for cancer?*

SCHULZE: There are two basic ways. The first is simple. If the affected area is small like a wart, tiny cancer or boil, just slice a medium-to-large garlic clove in half and tape the wet sliced garlic right on the spot.

Tape it on with some adhesive tape or a few band-aids and change the garlic 2 to 3 times daily for a fresh piece. This will usually burn what you want off in a few days.

The second way is a garlic poultice. You have to be careful with this one. Put many garlic cloves in a blender and add some apple cider vinegar and slippery elm inner bark powder. It makes a brown glop. Apply this to the area, rub in well and it will stick as it begins to dry a bit. You can add a little cayenne pepper.

Here is a formula I've used with great success. In a blender put:

1 heaping handful of fresh, if not dried Red Clover Blossoms

1 entire bulb of peeled garlic cloves, at least 12 large cloves.

1/4 cup of fresh grated poke root or 1/3 cup of the dried powder

2 tablespoons of goldenseal root powder

2 tablespoons of activated charcoal

1 teaspoon of tea Tree Oil

1 Cup of Bentonite Clay

1 cup of Slippery Elm inner bark

Put this all in a blender and add enough 50/50 solution of distilled water and raw apple cider vinegar to make a paste, add at least 1 ounce of blood root tincture per 8 ounces of liquid, blend well and apply.

I have used this cancer poultice hundreds, actually thousands of times on all types of cancers, above and below the surface with great results. Poultices of this type have been used for hundreds of years on cancers and have proven very effective. Dr. Christopher used many cancer plasters that he was taught about by his teachers. The one I suggest is a very strong general purpose poultice for all types of cancer.

BISER: *What about Melanoma, skin cancer?*

SCHULZE: Red Clover, one of the ingredients, is famous for skin cancer, a specific for melanoma, I have had many patients kill and lift off melanomas like a scab, flaking of a wound that has healed.

I had one lady with a severe melanoma on her left arm. The cancer was black in color and the blood in the arm was also infected. Her arm was black and blue and the blood was not circulating. Her skin was so thin I could see right through it, it was transparent, like plastic food wrap. When I touched her arm lightly, it would start to bleed and leak blood, and sometimes pus would ooze out. One doctor even suggested amputation in fear of this deadly cancer spreading and of gangrene.

She covered her entire arm, from the armpit to her fingertips, with the poultice every night. In the morning she would wash off the poultice during her hot and cold shower routine and then she would massage castor oil deep into the arm.

At noon, she would apply another poultice for the rest of the day, wash it off with the hot and cold again and apply another poultice before bed. She

also did the complete incurables program, which is the foundation; the poultice is just the specific.

In a weeks time, half the cancer was gone and the arm was regaining its normal color. The cancer peeled right off like thin layers of tar. In three weeks her cancer was gone and has never returned.

Herbal formula for immune system stimulation.

70% Echinacea root

10% Fresh chopped Garlic clove

10% Siberian Ginseng root

10% Pau'd Arco inner bark. (Most of this herb sold is junk.)

Make a tincture of the above formula. For pneumonia and other conditions, use 2 dropperfuls a minimum of 3 times daily but 6 times is better. Use for 2 weeks, rest a week and use for two more weeks. Rest 1 month and do it again.

Advice from Dr. Schulze's teacher, Dr. John Christopher. On mullein for glandular problems...

Dr. Christopher's favorite for glandular problems was a formula of three parts mullein to one part lobelia. One 5-year old boy had crushed testicles from an accident, and they had split open. Doctors were going to castrate. The parents used a fomentation of lobelia and mullein. Within days, the testicles were back to normal size and the scrotum rejoined.

Dr. Christopher also used mullein for bleeding bowels. One man was bleeding from his bowels so much, he needed blood transfusions. Dr. Christopher gave the man one ounce mullein in 1 cup of whole milk, telling him to heat the milk with the mullein till almost boiling. The man had three caps a day for 3 days, then one cup a day for 3 days. The bleeding stopped

and the man was healed. A reader tried this and it works. The milk sticks to the colon walls and holds the mullein there so it can heal.

On how to cure gangrene...

To cure gangrene, Dr. Christopher had patients make gallons of marshmallow tea. He had the person soak their leg or affected area in it for 30 minutes, having added one tablespoon of cayenne pepper to the tea that was being used for soaking. For 5 minutes, the patient put their leg in ice cold water, then back to the marshmallow tea for 30 minutes, and then continue to alternate. When the pain stopped, they used marshmallow tea as a fomentation.

A 98-year old man had bed sores for months. He had been brought home from the hospital to die. He had gangrene in both feet and ankles and doctors could not operate because of his advanced age. Dr. Christopher used the marshmallow tea soak and, also, slippery elm poultices. In 10 days, the man was standing in the living room, completely healed.

Using oak bark to heal gums...

Even when dentists are ready to pull all the teeth in cases of advanced pyorrhea, oak bark powder placed against the gums can tighten and heal them saving the teeth. One woman avoided dentures and kept all her teeth by following this advice.

Dr. Schulze's formula to stop gums from rotting.

SCHULZE: This is to make about 4 l / 2oz formula. It's a very interesting formula. I discovered something about cayenne that no one knows. I will explain it as we go through the formula.

The formula is:

2 1/2 oz. of echinacea root tincture (these are all tinctures or oils)

8 dropperfuls of tea tree oil.

1 oz. of bayberry tincture (make it yourself)

1/2 oz. oak gall tincture (make it yourself)

4 dropperfuls of cayenne tincture (only the hottest tincture)

20 drops of peppermint oil (get the best you can find.)

The echinacea tincture deadens the pain immediately — when you get it down into your gum line. It also is a surface disinfectant and stimulates your immune system to start working against bacteria that are down in there. The bayberry is one of the stronger astringents, so it will take that gum tissue and literally tighten it right up in front of your eyes.

BISER: *They can just find gall from an oak tree, can't they?*

SCHULZE: That's right! You go out to an oak tree and look where the insects have infested it, or whatever, and you will see these big swollen knots.

BISER: *And you cut that off, right?*

SCHULZE: Yes, oak galls are the highest source of tannin found in nature, and so it is much stronger than oak leaves.

BISER: *And you cut the bark off?*

SCHULZE: No, you can actually just pound it up. You're going to need a big hammer, if not a sledge hammer. Pound the heck out of that gall. It's like a big woody knot, and it really won't have any bark on it, or very little. Just pound that whole thing up, and tincture it. It'll take a few days for it to soften up. It may be even a week.

BISER: *And if you can't get oak gall?*

SCHULZE: Then you can get oak bark instead.

BISER: *But it's not as good?*

SCHULZE: Yes, the oak gall is stronger. The oak gall comes up with two to four times more tannin than the oak bark.

BISER: *So if they had to use oak bark that would be from a really good source, they'd have to use 2 to 4 times as much.*

SCHULZE: That's right. Most people say oak bark is much stronger as an astringent for the gums than bayberry, because oak bark has more tannin.

All I can say is: They never tried it, because bayberry has shown me it tightens up the gums much better than oak bark or oak gall, but oak gall works well too. That's why I put double the amount of bayberry in the formula.

I put oak tincture into my mouth and it's an astringent. You put bayberry tincture into your mouth and it feels like it is going to glue your tongue to the top of your mouth. It's *much* more astringent.

Now here is an amazing thing. Normally in a 4 oz. bottle, one to four drops of a 250,000 heat unit cayenne tincture would make it very hot. About a drop an ounce is all you need of 250,000 heat-unit cayenne. Three drops an ounce, and you almost can't put it in your mouth.

I put 120 drops, or 4 dropperfuls of cayenne into this mixture. What's amazing is that tea tree oil neutralizes the taste of cayenne burning. I don't know why that is. I don't have any explanation for it, so when you take this formula, you'll go, "Well, it's a little bit hot." With 120 drops, you should be crying on the floor for an hour. I've put as much as I think I can put in the formula without burning your mouth off.

It is amazing how the tea tree oil neutralizes the burn. It is the greatest oral disinfectant, but it also allows you to take about 100 times more cayenne pepper than you could normally handle and get it down into those gums.

The formula also contains peppermint oil, a disinfectant and circulatory stimulant. This oil helps with the blood in the mouth area. It also makes the whole formula kind of taste nice and more palatable, and it freshens your breath.

Why not do that at the same time, if we are talking about digging out food you ate three years ago from under your gums? Why have the person you live with suffer from that?

BISER: *Peppermint oil is a disinfectant? I never heard that.*

SCHULZE: Oh yes, a very strong disinfectant, and it's a very strong circulatory stimulant. Dr. Christopher even listed it next to cayenne in his School of Natural Healing under circulation stimulants. Peppermint also reduces inflammation, so it's a great one for curing dental diseases.

BISER: *Where can readers find peppermint oil?*

SCHULZE: Peppermint oil is available almost in most stores; herb companies sell it, and so it's available. What is impossible to get is the organic peppermint oil. I can get it for my own use, but it would be good if more companies could make this available to the public,

"I've never seen anybody go longer than 2 or 3 days with the dental formula and not have their gum bleeding stop."

BISER: *How do readers use this formula?*

SCHULZE: Put it in a water pik. A water pik is the greatest way to introduce herbal extracts into your teeth and gums. Buy a water pik, fill it with distilled water, put two, four, six, or even eight dropperfuls of this tooth and gum mixture into the water pik. Start it off on the low setting, but then work over weeks to raise it to its highest

setting. Do this twice a day. Anybody who has bleeding gums: do this for two days, and your gums will stop bleeding.

Also, when you're done, rinse about 10 seconds of clear water through the water pick, because the tea tree and peppermint oil will burn out all the gaskets in the machine.

No one else will tell you that — because they have no practical experience with herbs. If you don't rinse it out in two weeks, you won't have an \$80 machine anymore, because it's all leaking and falling apart. That's because these oils disintegrate rubber — and the gaskets in the machine are rubber.

Chapter Twenty-one

Stopping Pain

Pain

Incurable diseases can have incurable pain. The information in this chapter can stop that pain, often in seven to ten days. Natural healing is not a therapeutic runt. It can cure pain that morphine cannot quench. Learn how

BISER: *Let's say people are in horrible pain from cancer or other diseases. Is there anything in natural healing that really helps pain, or is there nothing much to do?*

SCHULZE: Lobelia can be effective, but it's more of an anti-spasmodic. St. Johns wort is an effective herb toward nerve pain, and in other types of pain. Take it internally and put it externally right on the area. Of course, you have your salicylic acid plants for inflammation, like willow, meadow sweet, even wintergreen. So it really depends on the type of pain.

BISER: *I am talking about really bad pain. We're talking about incurables. They are in big trouble. I heard about one man who was in a car accident who was just screaming and yelling from pain.*

SCHULZE: Lobelia relaxes the body, and it tends to ease the pain dramatically. But unfortunately, most of the good herbs for pain, which would be opium and marijuana, have been made illegal for everybody to use. So unfortunately, we are very limited in what we can use.

The ultimate pain reliever that God has provided for us is the opium poppy. It has so many alkaloids, science doesn't even know all that's in it. It includes morphine, codeine; and heroin is synthesized from it, too. A little bit of opium is wonderful for relieving the pain, but no one is going to be able to get it.

BISER: *You're not going to get it in the hospitals, am I right? No doctor is going to prescribe it.*

SCHULZE: They are going to give you something that comes so far from opium that it can't be recognized.

I've found that in extreme pain, the only thing that works is ice. Ice gets you through it. Where tissue is missing and you have a hole in your body, ice is about the only thing you can use to virtually freeze the area. And it's limited on how much you can use it, but it will get you through it. There is no doubt about it.

So I'd suggest, stay away from prescription drugs and just use ice and ice packs to freeze the area, to cool it, to calm it down so you're not in pain. It works fine. I had fourth degree burns and ice worked fine. I didn't have to use any pain relief.

BISER: *So that works even better than St. John's wort?*

SCHULZE: Yeah, it works better than anything. The ice is for when the pain is absolutely extreme. For me, it was the only thing that would stop the pain.

BISER: *How long do you use it?*

SCHULZE: Well, I would put an ice pack, not directly against the skin, but put the ice in a pack and wet it and I would put it right on the hand. It's a matter of applying it for 10 minutes, and then taking it off, and then applying it again.

Hut it will get you through the crisis of the pain. Some nights I used to go to sleep and leave that ice on and I would absolutely wake up when the packs melted or fell off, and I would be in quite severe pain.

BISER: *Even with all the herbs you knew, it came down to ice.*

SCHULZE: Absolutely. Normally, in another country, what you would Use would be a tincture of opium, which used to be available in the United States.

In other countries, it would be cannabis. Those are the two. Opium is the drug of choice around the world. Even in many countries in Europe, you can still buy cannabis and tincture it, and that's usable as an herbal remedy for pain.

BISER: *But that helps, even in horrible pain ?*

SCHULZE: Yes, medical doctors in the United States are allowed to prescribe cannabis for the pain of cancer.

BISER: *But don't they normally just use morphine and not even worry about marijuana?*

SCHULZE: They found that marijuana seems to work better for cancer pain, and so they actually prescribe it more for certain types of cancer. With other types of cancer, they use morphine.

Yet, in the final stages when a person has been really tortured, burned, mutilated by medicine, there is nothing that helps. There are cancer patients that lie in bed and scream until they die. They can't control the pain at all.

BISER: *In those cases, nothing helps?*

SCHULZE: Nothing. But that is because of the medical intervention. That is, obviously, not because of any natural therapies that were done. These people were burned from the radiation, and poisoned from the chemotherapy, and cut-up. Many times, unfortunately, that is the end result of working with medicine.

The relatives of those people always undergo natural healing, because they have seen their loved ones die in so much pain.

Generally speaking, I find that people who undergo natural therapies have very little pain. It's the people who go under the chemotherapy and the radiation who have the real pain.

"Within a week, I've had many people off their morphine altogether. And they couldn't believe it."

BISER: *In a lot of cases, herbs could help?*

SCHULZE: Absolutely. It's not so much an herb for pain — it's just the general overall program.

By changing the food program, starting the cleansing and detoxification process, cleaning out that liver, and getting the bowel working, I find the patient's need for morphine reduces dramatically.

Just cleaning and detoxifying the body and stimulating the elimination in an indirect way took the pain away. I've had that happen with hundreds of cancer patients.

Many of my patients, when they start taking the natural treatments and doing the Incurables Program, don't even have to use the pain medication. I've had numerous patients with cancer on morphine, who I have had off the morphine in a week's time. I've had numerous patients on morphine who didn't need it anymore. We started lowering their dosage right away.

I had one man who was in agonizing pain with his prostate cancer. This man was on morphine 3, 4, and 5 times a day. And he was off his morphine in less than a week. This is the one thing that is so powerful about the Incurables Program.

I would say 7 out of 10 of my patients in the first week are totally off the morphine. They are amazed.

The body starts to applaud your efforts. For maybe the first time in your life, you stopped doing things that you were doing that are irritating, and you've added in all these wonderful things that are helping. You have taken the pressure off.

Menstrual pain: use hot water on the pubic bone.

SCHULZE: Just when it's really hurting, take a very hot water bottle and put it on the pubic bone between the navel and the pubic bone. Just put it over that area. It's unbelievable. It just adds such relief. Many times it stops the spasm in the uterus right away because it's heat. And you are drawing your blood right out of the uterus to the surface of the skin.

BISER: *So, you don't have to do hot and cold, just hot?*

SCHULZE: Just hot. It's a miracle. You can also use this to ease intestinal cramping.

For more information on stopping cancer pain...

Please see Chapter 15 on Liver Cancer.

Chapter Twenty-two

Arthritis

Arthritis

A cleansing routine that can cure advanced arthritis in three weeks — if you're tough enough to handle it.

SCHULZE: I've seen different natural healers cure arthritis with various juice fasting regimes, but the late Paavo Airolas arthritis people got better faster than anybody.

It's because Paavo Airola didn't mind the pain they would go through during their healing process. He fasted them on citrus juice and apple cider vinegar.

Now, the idea is that apple cider vinegar and the citrus juices are very high in organic acids and those organic acids wash and clean your joints. And there's a lot to that. They flush out the inorganic acids, the uric acids, etc. He would take people out of wheelchairs and I would see them marching in three weeks. He'd kick their ass, and they'd be crying.

BISER: *What do you mean, kick their ass?*

SCHULZE: I mean, he'd kick them in the ass if they wouldn't get up to help. He said, "Now come on, we're going to march today." If they wouldn't, he'd kick them. He'd get them out of the wheelchair and throw the wheelchair down the hill. He didn't take no for an answer. He had that typical European intensity. And he'd fast them on orange juices and apple cider vinegar and you'd even hear them crying at night, some of them.

They were in such pain.

BISER: *How much vinegar and how much juice?*

SCHULZE: A couple of tablespoons in an 8-16 oz. glass of water 3,4,5 times a day. And, along with that, a citrus juice fast. He didn't always just use oranges. I mean, we're talking lemons and limes, which are stronger.

My wife will take three whole organic limes and put them in a blender and fill it with distilled water and blend it, peel and all, and we'll have that as a lime drink And that will do it. She's a gouty-type person, and when she goes out, she gets pain in her knees from running and stuff. This takes it right away. Dr. Jensen sometimes wouldn't use citrus with arthritics because he said it's too intense. He used other juices. It worked fine. His people got better in six months. See the difference!

BISER: *And Airola got them better how fast?*

SCHULZE: Three weeks. I saw the turnaround so quick, okay?

BISER: *So that's why they say citrus promotes reactions, because it's too intense.*

SCHULZE: Yes, it's too intense. It hurts as these joints are cleaning. So why do the slow program? If you're going to be uncomfortable, why not be uncomfortable for 3 weeks — and then be well?

We've had a lot of people come through here. They couldn't move their hands, they couldn't hold a pen, they couldn't hold their pen and Write their name, and their hands were actually fixated claws. And we cured them using everything I've talked about, plus the deep tissue repair herbs we'll get into in a moment. But the big thing with arthritis is that people are looking for that one magic herb that will cure them.

And it's true, one or two of these herbs work, but you have to add the programs with it. That's why I say to people, Dr. Christopher called his book The School of Natural Healing — not the Great American Herbal. He used foods, cleansing, emotions, hydrotherapy — not just herbs.

BISER: *What would you do in a hopeless arthritic case?*

SCHULZE: The first thing is you've got to get off of all foods that are acid-forming. Which means the mucusless diet. Which I call the purifying or health building diet.

Raw foods, raw food until the arthritis is better and juice fasting and raw foods. You can't have any animals, any dairy, any fish, any beef, anything that contains uric acid in the muscles or the fluids and that will build-up in the system. A lot of people get confused on the matter of pH. It doesn't matter what something tests as far as pH.

BISER: *You mean what it does in the body?*

SCHULZE: Yes, what it does in the body. The highest acidic pH foods, like lemons and limes, are the most alkalizing for the body. It doesn't have anything to do with the pH...

BISER: *You put them on that diet?*

SCHULZE: Yeah, I put them on a lot of citrus, and if you're not going to use that, apple and grape works very well. But a lot of juice fasting.

BISER: *Even for weeks at a time?*

SCHULZE: Yeah, I've done two 30-day juice fasts and one 60-day juice fast.

BISER: *With whom?*

SCHULZE: Myself, personally.

BISER: *What was it like?*

SCHULZE: On the 28th day of my first 30-day juice fast, I kick-boxed seventeen rounds and no one could touch me. I had more energy than I've ever had in my life. So forget this stuff about not having energy or being weak or whatever. Where did I get my B-12, my protein? Who cares, who knows? I lived on juices, twice, for 30 days.

BISER: *And you didn't turn to skin and bones?*

SCHULZE: I lost weight, but not a dramatic amount. You level off after awhile.

BISER: *Have you cured hopeless arthritics?*

SCHULZE: Oh, absolutely.

BISER: *I mean what did they look like?*

SCHULZE: Wheelchairs. When I taught out West, I saw people in wheelchairs. I would wheel them right next to a glacier that melted. A stream ran down, as wide as this house, of frozen water. I use to take people in their wheelchairs and wheel them right into that stream.

BISER: *What did you do that for?*

SCHULZE: Just to stimulate their body. Frozen water, just to stimulate their body. It's like a hot and cold shower, but better. It's a shock. Of course, it's great if you have arthritis: ice packs, heat packs, hot and cold water. Stimulate that circulation.

BISER: *Shock treatment to the body?*

SCHULZE: Oh, it was wonderful. Just wonderful, and we used to prescribe a lot of hot and cold showers. Hydrotherapy.

BISER: *You used hot and cold showers? Was it too brutal?*

SCHULZE: You know, all my patients do it. I got a four-year-old kid doing the hot and cold.

BISER: *So you do the ice packs with the arthritis and then you switch to heat?*

SCHULZE: Hot and cold on the joints works really well.

BISER: *When you say cold, do you mean ice cubes?*

SCHULZE: Ice packs. Eight to ten minutes of ice, then hot water or hot packs, for eight to ten minutes. You can do it a long time at nights, for several hours if you need to. You still do the hot and cold shower routine. But this ice, then heat, stimulates the blood flow better than anything.

BISER: *And it doesn't cause blood vessels to burst? Because of the violence of the temperature changes?*

SCHULZE: No. No, not at all. In fact, they do it on animals. You go to a race track and they are icing the legs and heating the legs of the horses all the time for better blood flow. People just don't do it anymore.

I had one orthopedic doctor suggest a contrast bath for me once in my life. I said, "What's that?" Well, he goes, "A little hot and cold". It was something orthopedic doctors used all the time, but they don't use it any more. They now regard it as medical history, not something you actually do for people.

BISER: *You mentioned deep tissue repair herbs for arthritis. What are they?*

SCHULZE: Yes, but this is something that nobody even knows about except me. This is, you might say, a triple step beyond cayenne ointment for relieving arthritis pain.

As you know, cayenne pepper has already been proven to reduce pain and inflammation. The trouble is, traditional cayenne ointments you get in the drugstores are pathetically weak, and made of synthetic ingredients. The old-time heating and healing ointments don't exist anymore, so I'm going to show your readers how to make one.

I'll give you and your readers the formula and instructions, but first, let me tell you how I got into this. I'm not an arthritic, but I did need something for myself. When I began, I made the ointment for myself, I wasn't even thinking about what it would do for arthritics.

When I first made the cayenne ointment, I took it because I was in Karate. I spent 22 years in the martial arts. I got 3 black belts in different martial arts. I have broken and ripped everything. In 1971, I was the champion brick-breaker of New York State. So, I wanted a rub but I

couldn't find one strong enough — or one made with natural whole herbs — not chemical imitations.

All the preparations today *used* to be made from wintergreen oil, which is scientifically called methyl-salicylate, because it contains about 95% salicylic acid. They also used to be made from peppermint, which is now called menthol. Now-a-days, they don't use wintergreen anymore, they make it from boiling coal in sulfuric acid. It's phenol or carbolic acid. And the peppermint oil is also synthesized.

First of all, you don't have herbs anymore, second of all, the amounts they *are* putting in are not effective.

So I wanted one that was made the original way, with wintergreen oil, peppermint oil, and also cayenne. In Europe, they use cayenne, ginger and mustard like Dr. Christopher did, to stimulate the blood flow.

In fact, when you go skiing in the United States, they have this warm feet powder you put it in your socks. It's just cayenne pepper and mustard. Cayenne pepper, mustard, and ginger stimulate the blood flow, internally or externally.

So I soaked wintergreen and peppermint oil in there and I put in cayenne, ginger and mustard and made a heating balm. I took it to Dr. Christopher and said, "Here, Dr. Christopher, here's my heating balm."

He goes, "Great!" He opened it up, and it was a one-ounce jar and he put his finger to the bottom, and took the whole ounce and went and put it in his mouth. And I said, "Dr. Christopher, no, don't put it in your mouth." And he goes, "Why not?" And I go, "Because it's for the outside of your body He goes, "Is there anything in this that I shouldn't be putting in my mouth?"

I knew right there it was a test. His rule was never make anything to go inside or outside that you can't put inside or vice-versa. I thought about it

and I thought there isn't anything you can't eat. It's olive oil and beeswax, the base he taught me to make every ointment of. And peppermint oil, wintergreen oil, cayenne, ginger and mustard. He said, "Very good." He loved it.

The base of it is wintergreen oil, which is almost pure salicylic acid, the greatest anti-inflammatory for arthritis.

You can find L.A. Dodgers pouring it on their arms. I also put pure peppermint oil and peppermint in because they are the greatest anti-irritants. So this formula stimulates blood flow to the area, and reduces swelling and pain. But now it gets even better. You add arnica, St. Johns wort, and marigold, three yellow flowers which are the greatest trauma herbs for damaged, bruised, or traumatized tissues — as you have in arthritis.

The key to this is really rubbing it in. If you want, take a hot shower before, and then you put this on. It may be uncomfortable for a little bit because it's seriously hot, but what a healing! Just make sure not to get it in your eyes, or near your genitals.

This is a deep tissue repair formula for muscle, tendon, ligaments, cartilage, joint and bone healing. This drives the circulation better than anything you can use externally.

Here is the formula for the tissue repair oil. Every arthritic needs to know how to make it, if necessary. It not only reduces pain, but it actually heals hurting tissue.

Ingredients:

32 oz. Wintergreen oil

16 oz. Olive oil extra virgin

12 oz. Menthol crystals

1 cup Arnica flowers dried

1 cup St. John's Wort flowers dried

1 cup Marigold flowers dried

1/2 cup Cayenne pepper, powdered (Habeneros, i.e., the hottest you can find.)

1/2 cup Ginger root, grated.

This recipe produces two quarts of deep tissue repair oil.

INSTRUCTIONS: Put all these ingredients in one big jar. Let it soak for at least two weeks, then strain on the full moon two weeks later, or, if you have time, let it soak for two or three months before straining on a full moon.

A word on obtaining ingredients:

1) Regarding cayenne pepper, the hotter, the better. Use African bird peppers, or habeneros.

2) Buy your menthol crystals at either a pharmacy or a lab supply house. That one can be a little difficult, but usually a pharmacy or a lab supply house can supply it. A lot of pharmacists carry it, because it stops itching.

What they do is they distill peppermint oil to make it, then they distill it a second time and it crystallizes. These crystals are pure menthol. Menthol is one of the active principles of peppermint oil. You have peppermint leaves, which have a lot of active principles, then you have peppermint oil, which is a more concentrated form, and then you have menthol crystals, which is even more concentrated.

Make sure the menthol crystals are made from peppermint or thyme.

Chemists always know that. I get it from a chemical supply house in Los Angeles. But a lot of times, people can contact their university or school, and just ask them where they can purchase some chemicals. You

need a chemical supply house that sells natural chemicals that are derived from plants.

This is at least four times stronger than anything you can buy, plus it contains trauma-healing herbs that nothing else contains. My experience with that formula is just unbelievable. I really love it.

BISER: *How do you get the menthol crystals to dissolve into the oil?*

SCHULZE: The way we've been doing it recently is once you put the menthol in we set that on the floor and then we have a radiant heater that has a coil inside of it on the other side of the room. We face it in that direction, and at the end of the day, it melts the crystals. In the summer, just put the jar in the sun for a few hours, or put the jar in a double boiler.

BISER: *That dissolves it into it?*

SCHULZE: Yes, it just has to be warm. You could also put it over a heat register and it would work. There's a lot of ways to do it.

Emotional advice for arthritics.

SCHULZE: I have found that arthritis is a crystallized disease for crystallized people. In other words, a lot of healers feel there's a certain mind set that goes along with arthritis — which is not being open. When your body starts freezing up, what's going on with you emotionally? Why don't you want to go forward?

Most of my arthritis patients have been pretty constipated up here in their head.

I think this is one of the reasons why people tend not to get well with their arthritis. It's like weight loss. You can take all the pills, you can eat all the Lean Cuisine, but if you don't move your ass, you don't keep the weight off. Okay?

With arthritis, you can take all the pills, you can take all the arthritis preparations, but if you don't follow the food program and stop putting inorganic minerals and acids into your body, your joints won't un-inflate.

You also have to work with healing the mind — being a more open person and a more flexible person. People with arthritis aren't flexible physically and / or emotionally. This is their challenge, physically and emotionally.

Chapter Twenty-three

Alzheimer's and Dementia

Alzheimer's and Dementia

This woman had Alzheimer's, but the family was terrified when she started talking.

SCHULZE: I had a wealthy family come to me, and their mother had Alzheimer's. I approached one of the members of the family who was my patient, and I said, "Hey, let's work on her. We can get her well. Anybody can be well."

The family was really resistant, and I couldn't understand why they would resist her recovery. I found out later. So I went right to work, because I don't know of any incurable diseases. She hadn't spoken a word in two years, and I had her talking on the first visit.

BISER: *How did you do that?*

SCHULZE: I did some deep body work and she started talking right away.

BISER: *Deep body work, like where?*

SCHULZE: On her feet Dr. Randolph Stone, a great natural healer, and the founder of polarity, said that when you have people who have lost their mind, working their feet is the opposite pole of their head. It takes a lot of tension out of them and it will loosen them up.

I did some deep work on her feet, and she said, "Oh my God, you're killing me." Now this is a woman who hadn't spoken in two years.

BISER: *So you beat the dickens out of her feet?*

SCHULZE: Not really. What you do is grab a hold of the person's feet and apply some strong steady pressure where it's tender. If you do the deep work that's needed, it can be tremendously painful, but it doesn't hurt anyone. It heals.

Dr. Stone believed that you could cure catatonic patients by getting these toes and feet adjusted. There's a book out there called Health Building by Dr. Stone. It's been pathetically diluted over the years, but it's all that's available.

After we got that breakthrough, I started this woman on the herbal programs, the food programs, everything. Within two weeks, there was a dramatic change in her. She was responding. She was getting better. She was starting to say simple words and this screwed up everything.

BISER: *What do you mean "screwed up everything"?*

SCHULZE: Well, all of a sudden, I got a call from her psychiatrist. He said, "Don't go over to the house." The family ordered me off the case.

You see, what the family had done, for tax purposes, was that when she first started showing signs of dementia, they put the controlling shares of the family business in this woman's name, and they did all kinds of estate-planning. Everything was planned on her being nuts and dying. The thought of her getting normal was terrifying.

The attorney sent me a letter. He said, "Don't even show up at that address. We'll have you arrested." The daughter came crying to me for help and said, "What do you think I should do?" And I said, "I think you should help your mother get well."

You know, that's not something I ever lose sight of. I don't give a sh— about stock and controlling interests and all that. But I didn't want to get arrested, so there was nothing I could do. And that was my first case of Alzheimer's.

Some advice on deep bodywork before we go further.

BISER: *Since you've mentioned body work to help the brain, any advice for readers?*

SCHULZE: For openers, they can get a hold of both sides of the foot at the heel, you'll find hot points on either side, and you grab those sensitive points as you start rotating the foot with the other hand. Those are the spots for the prostate and testes on a man and on a woman, it's the uterus and ovaries.

You can use your knuckle. You can use the flat part of your elbow to get more force. As you go really deep, you'll actually feel sediment in the tissues; it feels like grain.

The person should be sweating when you're working on their feet. They should have a slightly traumatized look on their face. If you are easy on the patient, you're not helping them; you leaving them sick.

How to cure people with dementia.

SCHULZE: I have had hundreds of people with dementia. Usually the relatives bring them in when they start to go. And usually it's pretty easy to deal with because the people with dementia don't have much choice. The relatives want to get them well, and the people with dementia have usually gotten to the point where they'll almost eat anything you put in front of them.

BISER: *You can give them the whole program?*

SCHULZE: Oh absolutely. The relatives can be relentless. And I would suggest anybody out there who is reading this, if their relative, their wife or their husband, whatever, is starting to have senility, premature senility, the bottom line is they are not going to turn it around unless you do something dramatic.

They're slipping away on you. You're losing them, and what you have to do is absolutely turn their life around. The incurables program is just the program to do that.

BISER: *Do these people with parents with dementia play around with it?*

SCHULZE: I see this all the time. They think, well, we're losing them, we don't want to make them uncomfortable. Most people with dementia don't even remember what it is they like to eat. You know what I'm saying?

BISER: *So why worry about it?*

SCHULZE: That's right, why worry about it. You can say, "This is what you like to eat," and they say, "OK", and they eat it.

I find that most patients with dementia, and I don't mean to make light of this, are very easy to work with. They're so confused they don't even know what's normal. So, you can put the incurables program out in front of them and they'll eat it. They'll tolerate it. They don't make a big deal about it.

As soon as you start getting super nutrition into these people, you'll see such a change, and if I had to pick on one system of the body to clean out, it's definitely the liver and bowel. A lot of liver and bowel cleansing really helps clear these people's heads, and, of course, the brain herbs get that blood and oxygen circulated.

BISER: *I noticed the main effect from cleaning the liver was better thinking in the brain. The strongest effect in me with cleaning the liver was mental.*

SCHULZE: Yes, you know the liver processes and stores glucose and that is the absolute brain food. That's what our brain runs on, it's the sugar that our brain runs on. Our liver helps process that and puts it into our blood stream.

Our liver also cleans that blood of waste. The brain manufactures a tremendous amount of waste when it's going through its processes. The bottom line is that there is a direct liver-to-brain connection.

When you clean that liver out, it's going to be like the fog has lifted. You know, I've had patients explain it to me and they say, "Gosh, it's like the fog

lifted. I can think better, my memory is better, I can think clearer and sharper." If you have a dirty liver, you just can't think right. You know, Dr. Jensen used to say "You can't have sweet thoughts on a sour stomach."

And it's so true, when your digestion is off, you don't have any focus or any concentration.

BISER: *Now, you've handled cases that would have been considered Alzheimer's?*

SCHULZE: I've had people so bad they were howling like wolves. I had that woman who hadn't spoken a word in two years. She howled like a wolf.

BISER: *You mean like a honey?*

SCHULZE: Oh, gone! In fact, with some of these people, the doctors tried surgery on them; they have shunts in their head draining excess brain fluid. You can see the shunt going down their shoulder under their skin and it goes into their stomach, and drains excess brain fluids into their stomach. You wouldn't believe some of the horrors I've seen that medicine has performed. It's like Frankenstein.

BISER: *Have you ever seen people in diapers and wheelchairs?*

SCHULZE: Oh, absolutely. They can't move, they're fidgeting, and having neurological disorders where their hands are shaking and they're howling like wild animals.

BISER: *You mean, you've seen more than one person like this?*

SCHULZE: Oh absolutely.

BISER: *Why do they howl?*

SCHULZE: It's a good question. I think it's just because they've lost all touch with reality. They've turned basically into animals. Their brain has gone.

One thing is amazing: I've seen people who hadn't talked in 2 or 3 years talk in a matter of weeks, start putting words and sentences together when you turn around their program — especially when you get the nutrition in. The nervous system works off of nutrition.

You start getting these juices going — things like super-food, and herbs like alfalfa, and nutrition into the body. It's unbelievable. And, of course the bowel is an absolute key, too. A lot of these people with dementia don't have good bowel habits.

A big problem is if they are being taken care of by nurses, the nurses don't want them to have good bowel habits. The more their bowels work, the bigger pain in the ass that is to the nurses. They don't want to deal with this.

They'd rather the patient have that one bowel movement a week that's big as a softball and hard as granite. That's what they want, because it makes their job easier. They don't want to sit there wiping this person who's got a messy bowel movement all over him 3 or 4 times a day and then have to give him a bath.

One of the first things I say to people is, get rid of those nurses if they're like that, and get some nurses in there who are not afraid to work, because

getting healthy gets a little bit messy. But you get that juicer going, you get the herbs in, the bowel and liver cleaned out and those brain herbs in — my God, it's really unbelievable.

The relatives just thought there was absolutely no hope, you know, "Let's make them a little bit more comfortable," and the first thing you know is, they're talking. It really is dramatic. In fact, many times, I've seen it where the relatives get mad because they never thought this person was going to get better Did you ever see the movie called "Awakenings"?

BISER: *No. Was it good?*

SCHULZE: Oh yes. Robin Williams was in it, and it's a true story of the doctor who started bringing people out of comas...who have been in comas for 20-30 years using a drug called L-dopamine. What happened was that the relatives got mad. They said basically, "How dare you? My son went to sleep when he was 15 years and now he's a 40 yr.-old man, and you're bringing him back?"

It was too painful for the relatives. The bottom line in the end was that everybody wanted to put these people back to sleep. And this is what I see in Alzheimer's disease. It's too painful for a lot of people to see their relatives slip away, but it's almost more painful to see them come back and heal. Not everybody wants their relatives to get well. They've already written them off.

BISER: *You mean emotionally they can't take it?*

SCHULZE: Right. So you know, don't start cleaning this person's bowel or liver if you are not ready for them to come back, because they'll come back. I've seen it. Hundreds of them come back.

BISER: *Alzheimer's is not incurable?*

SCHULZE: Oh, absolutely not. And again, I've been down to the Robert French Hospital in Orange County in Costa Mesa that's the headquarters of the world for Alzheimer's disease. I've taken a tour of their facility, I've talked with the doctors. It's a bunch of crap.

All it is, is putting everybody who has premature dementia or senility together. They're lumping them all into one category. They're getting millions of dollars worth of research money and the bottom line is you have hundreds of people in there with hundreds of different things wrong with them.

Oh yeah, sometimes there's brain toxicity and this is why we need to do our cleansing, because a lot of these people have toxic levels of metals in their body; and this is where the bowel cleansing comes in, especially like fruit

pectin and the intestinal formula #2 to draw those metals out of the body. I've seen so many cases of people who were losing it, and then came back.

BISER: *So you're warning the people, if you don't want your loved ones back, don't start the program.*

SCHULZE: Yes, if you're not ready. Don't think you're going to make them a little more comfortable, because the next thing you know, they're going to be walking, talking, asking questions and ready to lead a normal healthy life again. And, can *you* handle it?

BISER: *One doctor in Long Beach, a Dr. Ward, told me that many of his Alzheimer's patients seemed to be committing emotional suicide. Have you ever seen that?*

SCHULZE: Oh yes. I had a patient who had a premature senility; she was almost catatonic. They diagnosed her with Alzheimer's Disease. Interestingly enough, the daughter found letters when they were going through her stuff. It appears that she developed the disease within four months of discovering that her husband was having an affair. I have had a lot of patients where I think it wasn't a disease; it was that life became too intolerable for them, and they withdrew from life, and into insanity is where they decided to go.

Going inward or nuts was easier than dealing with life because their whole life was shattered. I found that with many of these people, their life was shattered and they couldn't deal with it. They didn't know what to do. They had a nervous breakdown.

If you are going to get them well, you just have to be prepared to deal with that. Because that's going to come right back to the surface again. So they might need psychotherapy and not just nutritional help.

BISER: *So you're saying it's not just a brain problem?*

SCHULZE: Oh no, not at all. Even the former schoolteacher I discussed earlier, who came out of it by cleansing his bowel. Well, when he came out of it, he was horribly depressed about his financial situation.

And then, everybody remembered that before he went into clinical depression and chronic depression, he was having financial trouble for the first time in his life. Whenever the brain is involved, there is always a lot of emotional stuff. Does that make sense?

If it's true senility, it's a lack of blood flow, oxygen and nutrients to the brain. We've had a lot of people with senility who back right out of it. And it's just simple things. Two categories; toxemia and lack of blood flow, oxygen and nutrients to the brain. Sometimes the body gets so toxic it just starts depositing this stuff in the brain the same way it would in any organ. Your blood, you know, dumps.

BISER: *I heard of one case there was a man who lived in an apartment for years and he was just nuts about mothballs, always wanted to kill all the moths. And you walked in there and it just*

SCHULZE: That's a killer.

BISER: *Well, now he's got Alzheimer's. Any relation?*

SCHULZE: Yes. He just poisoned himself. Mothballs are classic poison. That's why they don't use them anymore. And so he just needs a lot of detoxification. He's just got brain shutdown.

If you've gone senile before you're 70 years old, they call that Alzheimer's, you know. You just get lumped into that category and there's a hundred different reasons for it.

Some people are there because they are toxically poisoned from the outside. Some people are toxically poisoned from the inside. It isn't getting out. Or it's from emotional strain they couldn't deal with. Some from metal

poisonings like aluminum. I've met people who were just overdosed with aluminum from the fluorides to the antacids to aluminum pots and pans.

So I think you have to take each case individually. This is true with every person who is sick with any disease. There's no such thing as Alzheimer's Disease, that's what I've discovered. Every person has a different story, from mothballs to aluminum, to "I couldn't handle my life because my husband was cheating on me."

And they are all lumped into this category and this hospital is making billions of dollars in research money. So, what you have to do is you have to take the case history in each patient individually and just start working with them.

But we've had numerous people diagnosed with Alzheimer's who got better; they just came out of it; they are living normal lives today. And then, of course, what the doctors say is that it's not Alzheimer's. You run into that Catch-22 all the time. They say, well, it was probably just a temporary premature dementia, and they write-off the recovery to preserve their ignorance.

A brain formula for dementia patients.

Make this formula yourself at home as a tincture or tea. The ingredients are:

15 parts Ginkgo leaf

1 part Gotu kola herb

1 part Calamus root

1 part Rosemary flowers

1 part Kola nut

1 part Cayenne pepper, the hottest you can get

Use 2 dropperfuls of tincture three times a day, up to double this dosage. As tea, use 6 cups per day, one teaspoon of herbs to a cup of tea. See information on making tinctures in the chapter on tinctures.

Chapter Twenty-four

Strokes and Head Injuries

Strokes and Head Injuries

"I have had absolutely hundreds and hundreds of stroke cases. My methods cured them—when they were so stiff they were almost dead."

SCHULZE: In many cases, there's no life in half that body. It's what I call beyond paralysis. This is a major stroke. I've seen all those people come back. I think the thing we have to acknowledge is that the brain does regenerate itself. It just needs help. You know, you don't get a stroke. You earn a stroke. It isn't something that just happens to anybody. They've done everything from stress to high-salt diets, to high-fat diets, cigarette smoking; so a big part of it is to stop doing that immediately and get onto these healthier programs. But I have seen everybody come back from strokes.

I had one guy who worked for Kodak. He had a major stroke. Some people will get a paralysis where they can't move very well. This guy, half of his body was dead. He couldn't move it at all.

He lost most of his memory.. .didn't even know who he was. His blood pressure went so high, he not only had a stroke, but he also did damage to his kidneys. He was on dialysis when his family brought him to see me. At this point, he couldn't do anything.

You have to imagine, here's a guy with half of his body that's absolutely dead; he can't move it. He can't talk; he can't swallow very well. His one kidney has failed, and he basically can't even think of much. So it's not like I have a cooperative patient here.

But his family was supportive. They put him on the full Incurables program. I think it was in about a year's time that he was speaking fine, swallowing OK, slight limp; and in about a year and a half he had a full recovery.

And he was one of the worst cases I have ever seen, and again, he wouldn't even do the incurables program, he had to have his family do it for him.

Woman paralyzed and blinded in one eye — cured!

SCHULZE: I had a young woman in her forties, about my age. She had a stroke and she was paralyzed in her arm. She could barely move it. But she went blind in one eye because the stroke burst a blood vessel in her retina, which is not that uncommon.

Your blood pressure builds up so high, and then wherever you have the weakest pipe, it's going to burst. So she was blind in one eye.

We treated the eye with eye-wash, and we also worked on her paralyzed arm and in six months, her eye was OK, and she had full vision back and her paralysis was gone.

In the old days, medicine used to always say that brain cells don't regenerate. You know, all the new medical studies now show that the entire brain, in every molecule, every cell, will rebuild itself in about a year or less. Of course, that's what I've seen with all my stroke patients. In fact, most of them, in six months or less, are better. But, if it's been absolutely severe, they have taken around a year.

Brain damage in 30-year-old man hit by a car. Cured totally.

SCHULZE: I've had lots of patients with brain damage, too. I had a young man who was about 30 years old, who was hit by a car when he was riding a bicycle. The car knocked him down and it drove right into his head.

They removed part of his brain; they put a steel plate in his skull. He had paralysis, slurred speech, brain damage, not from a stroke, but actually from an injury. He was 90% back within six months and they said, once they put the plate on his brain, because they had removed brain tissue, he could have some speech therapy but nothing's going to get better.

But in six months, I'd say he was about 90% better and he was so excited he didn't want to do any more work. He just quit at that point. He had a little bit of slurred speech, but that didn't bother him and his paralysis was almost gone.

Hitchhiker had brain crushed by a car, but recovers too.

SCHULZE: I even had a younger guy who was hit hitch-hiking and had a similar situation where part of his brain was removed.

BISER: *He was hit by a car*

SCHULZE: Yes, hit by a car, and the driver was drunk and just drove over him and crushed part of his skull. I remember seeing him very soon after he got out of the hospital. He could barely talk, barely move his arm and...

BISER: *Did his skull look like it was crushed?*

SCHULZE: Well, they had to cut a piece of his skull out, remove the part of the brain that was demolished underneath, put a metal plate in his head and put it all back together.

And he, again, had severe problems: paralysis on his right side, couldn't hold anything in his hands, couldn't walk at all; and he had a complete recovery. In fact, he's a professional drummer now.

He plays the drums and obviously you can't play the drums with paralysis in your right leg and your right hand. These are major components needed for playing drums. And he had 100% recovery, even though the doctors said he was going to have paralysis all his life.

So, it's the same type of problem as strokes, only worse.

Cayenne and ginger for strokes and brain damage.

BISER: *What do you do for them other than the straight incurables?*

SCHULZE: If I could have one thing, it would be cayenne pepper. Because cayenne pepper and/or ginger stimulate the cerebral circulation.

BISER: *How much cayenne?*

SCHULZE: This is a first-aid for stroke, because cayenne immediately reduces the blood pressure and stimulates the circulation. I've had patients I got to within hours of having a stroke. I immediately administered cayenne.

I would say a tablespoon three times a day at least for the first couple of days. Then you can stay on a teaspoon three or four times a day. Cayenne pepper is the first thing you want to think of, and ginger. Ginger is also very effective.

BISER: *How much ginger?*

SCHULZE: The same amount — as much as the person can tolerate.

BISER: *What does the ginger do that the cayenne doesn't?*

SCHULZE: Well, it's felt that ginger goes to the smaller blood vessels and capillaries and increases your peripheral circulation, and that cayenne goes to the heart more.

I would suggest for readers to grow their own cayenne peppers. It's very easy. The best thing that everybody can do, it's very easy, you just go to your garden shop.

You ask for some cayenne pepper plants, some hot chili peppers, any kind of hot chili peppers will work. If you can get the plants already started, you can have chili peppers in 30-40 days. Then you can just chop them up and make your own tincture; dry them, powder them after they're dried, then you can have a whole year's worth of cayenne pepper off 3 or 4 chili plants. You can buy them for about a buck apiece in a nursery.

Yes, the second herb would be ginkgo. Ginkgo is becoming famous for increasing blood and circulation for the head.

BISER: *Well, everybody's heard about ginkgo, and if they hear you say it, they'll say, "Oh yes, we've heard of that." What are you doing with it that they're not doing?*

SCHULZE: Well, basically, just taking larger doses. I would suggest to use a ginkgo tincture or extract, and I would suggest using about 60 drops 5 times a day. Ginkgo is not an herb that you can take too much of or overdose on, so again, most people are just pussyfooting around.

BISER: *What kinds of doses are most people doing?*

SCHULZE: Most herbal doses of tinctures that I see people suggest are 15 drops, two to three times a day. I mean, that's not enough to do anything. I'm talking about 60 drops 5 times a day. We're talking about 5-10 times the dosage these people are suggesting. The biggest problem is that people pussyfoot around with these herbs. We're talking about a stroke here...brain damage. Of course, we're not even figuring that most of the tinctures available are almost useless — even the ones that claim to be scientifically tested and super-potent.

I suggest making your own.

BISER: *One reader told me that he had a blood pressure reading throughout his life of 120 over 80, but he started using cayenne pepper and it went to 140 over 90. He stopped the cayenne but the higher reading persists.*

SCHULZE: I've never heard of that. I would suggest that he needs to take a look at his life and see what else he was doing.

When people start taking herbs and something goes wrong, or when something generally goes wrong with their life-style, they usually blame the best thing it is they do.

You know, I would take a look at all the other things that cause hypertension such as nicotine, not only from smoking cigarettes, but from other people's cigarettes. That's one of the most powerful constrictors for arteries.

BISER: *But he was saying that it raised his blood pressure and now it won't go down.*

SCHULZE: That's ridiculous. The cayenne is the best thing he's doing. He'd better take a look at the second-hand smoke, the coffee, the tea, the animal food, or even the stress.

BISER: *Well, how come it wasn't raising it until he took the cayenne?*

SCHULZE: It was just coincidence, and again, when something like that happens, they always look at the best they're doing and blame it on that. I low about stress?

Stress releases epinephrine out of the adrenal glands, and that constricts your arteries and raises your blood pressure better than anything.

Most people take too little cayenne to cure themselves.

BISER: *What do you do for heavy cases of strokes ?*

SCHULZE: I would suggest at least two capsules 6-8-10 times a day. You can take a couple of capsules every hour on the onset of a stroke or damage like that to stimulate the circulation. See my comments in the incurables section regarding cayenne pepper and how weak most commercial cayenne is in health food stores.

Stroke cases need to thin their blood.

BISER: *OK what do you do for paralysis?*

SCHULZE: Garlic and red clover both contain chemicals that stop the red blood cells from sticking together and actually thin the blood right down. In fact, garlic is a specific drug in Japan and many other countries of the world for hypertension.

The person not only needs to become a vegan immediately, they need to go onto juices.

Go on a juice and water and potassium broth fast for about the first two weeks, and of course, for the incurables, it would be at least 30 days. That's going to dramatically reduce the blood pressure and the fat level. I would also have them do what I've always done, which is, hydrotherapies to the head and also to the paralyzed areas. Getting that hot and cold right on there.

BISER: *Would most people go out and not make it hot or cold enough?*

SCHULZE: Oh, absolutely. When I say hot and cold, I mean, when you get into that shower, you want the hot so hot it feels like it's going to burn your skin, and then, I'm talking about turning that hot all the way off and you've got full cold going up in the area. Of course, you can use good sense and get into this slowly with warm and cool water, but, in the long run, you can't pamper the body or you will stay sick.

BISER: *What else?*

SCHULZE: I like the deep tissue repair oil we explained in the chapter on arthritis. Put it all over the areas that are paralyzed to bring the blood back there, and also to heal the nerves.

A warning on stroke cases.

SCHULZE: You've just got to be careful around the beginning, once you've just had the stroke, to **not do anything too extreme for the first couple of days** that will raise the blood pressure up really high.

Of course, a hot bath can do that very quickly, or doing any extreme, like slanting your head down. You wouldn't want to use gravity boots. That's too extreme. Too much blood to the head. You've got to let that area repair.

For the first few days, just do cayenne and juices before you add hot and cold showers and slanting. Live on cayenne pepper and fresh juices.

BISER: *Would you do hot and cold for the first few days?*

SCHULZE: Well, you can do hot and cold, but take it easy with it. But a hot bath can be more damaging.

Hot and cold is fine because it just increases the circulation and flushes. I'd watch too hot a bath, and also you want to start slanting immediately, but you don't want to use something like gravity boots.

For the first week, you've got to take it easy. Not too extreme of a push. But the main thing is to stop eating all food. Just stop eating all food and get onto those juices.

"A woman was thrown out of a car and bounced 100 feet on the pavement. She got off Dilantin with natural healing."

SCHULZE: She was thrown through the window of a car and bounced on the pavement for about 100 feet. I saw her 6 years later, and, since that injury, she had been on Dilantin, the anti-seizure drug, and phenobarbital.

Every time she went off it, she had a seizure. The injury damaged something in her brain; doctors didn't know exactly what. Doctors said, "Hey, stay on Dilantin and phenobarbital for the rest of your life." Well, she didn't want to do that, but every time she tried to stop, she got ill. So, we used the works.

We used not only hot and cold to the head, we used the brain oxygen-stimulating herbs, and we did put poultices in, and fomentations in the base of her skull and her head.

BISER: *What kind of fomentations to the base of her head?*

SCHULZE: You use two different nerve formulas. You use them as a tea to drink, and to bathe in, and to use as fomentations on the sick areas.

Here are the two formulas. The first is my version of Dr. Christopher's B and B tincture. The formula is:

One part of each of the following herbs: **black cohosh, blue cohosh, blue vervain, skullcap, lobelia, and skunk cabbage, one of the greatest anti-spasmodic herbs.**

The second formula is my Nerve regenerating formula, for nerve stimulation and repair.

4 parts Skullcap herb

4 parts Oat seed

2 parts	St. Johns wort flower
1 part	Celery seed
1 part	Lavender
1 part	Coffee bean
1 part	Kola nut
1 part	Ephedra (optional)

You can use these herbs as a tea, a teaspoon of herb mixture to a cup of hot water. You can use them as a tincture, using the methods for making tinctures discussed in an earlier chapter.

And, you can use these herb formulas as a fomentation. To do that, you add a heaping handful of either herbal mixture to a gallon of water and heat. You put the fomentations on the afflicted area, and you can also apply a tincture of these formulas around and in the ears, and take them, internally, 2 dropperfuls, 6 or more times a day.

BISER: *How do you make a fomentation with those herbs?*

SCHULZE: What you do is you have a short sleeve T-shirt and you just make a very strong herbal tea of the herbs you would use.

Like two quarts or more, very strong, of the Dr. Christopher B,F and C, if that's what you were going to use, or whatever herbs that you want. I like skullcap and oats for stimulating the nerves...

I also like kola nut, which is a caffeine herb, but it has an affinity to stimulate the brain more than it does anything else. And, again, these caffeine herbs are good when they are used as medicine, not when they are used as a daily food. So I use kola nut.

Then you dump the T-shirt in this thing, and you take the sleeves of a short sleeve T-shirt and you just tie them behind the head.

BISER: *Oh, and that's it, then it covers you?*

SCHULZE: Now, you're sitting here with a soaking T-shirt covering your head. This goes all the way down to your back.

BISER: *All the way around, it looks like an Arabian thing!*

SCHULZE: Absolutely.

BISER: *Let's go back to the woman who got thrown out of the car.*

SCHULZE: Oh yes, we got off-track. Well, we put the nerve herbs in her ears, put them in her mouth, she drank them as tea, and made them as fomentations. I weaned her off Dilantin and her phenobarbital.

Thirty days later, she had one seizure and I said, "Hey, you know, your body might have needed to have one; I mean, the body has a seizure for a reason". We have to remember that. It's like a circuit breaker blowing. It might be important in healing.

But, after that, she never had a seizure again. Okay, so we weaned her off the drugs. Doctors said that she had swelling of the brain, and so we used the whole incurables program.

What's fascinating is that glass came out of her forehead. Years later, we were putting some drawing poultices on her head, and right out through her skin came a hunk of windshield glass from six years earlier.

BISER: *Oh my God, this is hard to believe! Drawing herbs like what?*

SCHULZE: Bentonite clay is one of my favorite drawing compounds. Out through the forehead came a piece of glass from being thrown through the windshield.

The clay stimulates blood circulation. If I were to put a clay mask on you tonight, within a half hour you would feel like, "Baa-boom, baa-boom." I mean, your face is pounding from the blood that is being drawn to the surface.

Brain tumors and Bentonite clay.

BISER: *Have you ever done that in brain tumor patients?*

SCHULZE: Absolutely. We use a lot of clay poultices around here. I try to think of any way that I can ignite this person. You know, light them up. Make more blood flow *to* the area, and make more flow *out* of the area.

Marshmallow root for gangrene.

BISER: *How long do they soak the gangrenous limb in marshmallow?*

SCHULZE: At least a half hour in very, very hot water. Dr. Christopher was very specific about making sure that water was really cooked.

BISER: *It's not going to burn tissue, is it?*

SCHULZE: No, when you put those extremities in incredibly hot water, of course they turn bright red, and that is what you want to do. We have to get blood to that area. Dr. Christopher was very fanatic about making that water as hot as you could stand it. Always add cayenne and ginger.

A therapy that has helped me. by Sam Biser

If you ever had a fall, or a head injury, or a forceps delivery at birth, or been in a car accident, or had orthodontic work as a teenager, or were born with a narrow face, or have difficulty thinking, you need a therapy called Neuro-cranial Restructuring, the most powerful cranial therapy I have seen in 25 years in natural healing.

It is a therapy that can CHANGE THE SHAPE OF THE SKULL, even in adults. You have to remember that adult bones are more like plastic than like steel plates. Bone is alive. It can change shape as the stresses on the bone are change. I have had great changes to how I looked in younger years, and the therapy has changed how I think. It is not subtle. We are talking really BIG changes that are obvious to everyone.

You need to remember that the nervous system is in control of the entire body, and that 80% of the nervous system is in the skull. If the bony plates that make up the skull are under stress, or malpositioned relative to what they should be, your nervous system is stressed or blocked. In my own opinion, no amount of herbs or any other natural therapy can make up for a structural problem like this.

The therapy I have mentioned has no equal in the field of structural healing. It is so powerful that with my own eyes I have seen scoliosis, curvature of the spine, disappear in several months. These are things that are never supposed to change. But they do.

I saw one of my readers who had sleep apnea, in which he awoke in the middle of the night paralyzed and could not breathe, cured by this therapy. I saw a reader with a brain disorder so painful that many people who have it eventually kill themselves rather than live with it. This woman is getting cured. I saw a little Mongoloid girl who is speaking much better, and who is more intelligent and now has a more pleasing head shape. I saw a senile man who couldn't talk start smiling and cracking jokes. I have seen astonishing and never-before-witnessed changes in personality for the better.

Remember, if there is pressure on various brain centers that control body functions and brain activity, a person can *never be well* until the shape of the bones that restrict brain fluids is changed. This can now be done. You have no idea how enthusiastic I am about this work! If you are seriously-ill, do all the programs in this User Manual. But do not ignore your body's structure.

To learn more about this therapy, contact: Dr. Dean Howell, N.D., Everett Naturopathic Clinic, 1823 37th Street, Everett, WA 98201, (425) 252-6066. This therapy has improved so much in the last six months that I have seen results I never saw in the last ten years of following this work. This is one therapy worth travelling across the country for. I would be letting you down if I kept this information to myself.

Chapter Twenty-five

**Regenerating Bones, Muscles, and
Nerves**

Regenerating Bones, Muscles, and Nerves

Natural healing can regenerate tissues that are damaged or missing. Medicine cannot do this.

Natural healing supplies the body with its needs, and these organs and tissues regrow. Medicine creates artificial body parts.

The body contains all the instructions for growing tissues, you just have to use the proper natural healing procedures to activate them.

In this chapter, I introduce two formulas for regenerating tissues. One of them is Dr. Schulze's deep tissue repair oil, with modifications. The other is the old B, F and C formula of Dr. John Christopher. Both of these formulas can re-create body tissue where there is none.

We begin by talking to Dr. Schulze about how he regrew tissue on his severely burnt hand. This was introduced on video Volume Eight. In Dr. Schulze's discussion, you will learn many important principles for regenerating tissue. It is not just a matter of a certain herbal formula.

"When your body is in trouble, you STOP eating food. You juice fast immediately."

SCHULZE: When your body is really hurting, whether it's a degenerative disease or whether you've had a massive trauma, you need all the energy that your body has, to heal.

So, you're not going to be eating big meals. The first thing I did after I burned my hand was I juice fasted for the first two weeks. Now, people say that you need a lot of nutrition to heal.

Yes, but you don't need it from potatoes; you don't need it from heavy grain dishes that take you six hours to digest. All that blood and energy is

going to your digestive tract. That's why you use the Incurables Program with any trauma.

BISER: *Even trauma? That's not a disease.*

SCHULZE: Even trauma; just stop eating food. If you get appendicitis, stop eating food; you burn yourself badly, stop eating food; you break your leg, stop eating food. When in doubt, stop eating. When you're not well, stop eating. You just stop the food coming in and you go to juices. So the first two weeks, I juice tasted. That's the greatest way to get nutrients in because you're flooding yourself. I use carrot juices, fruit juices, vegetable juices, wheat grass juice, etc.

BISER: *What about the pain?*

SCHULZE: The first thing you've got to know about burns is that for the first couple of days you don't feel anything. You think, "Oh, I can deal with this." But then, in about two to four days, a pain will come on that you can't get away from.

Now the problem with using narcotics is that they will constipate you. Codeine is one of the ones that are prescribed and it will constipate you. It slows all the functions of your body down. So it slows down your healing.

A real helper is ice. We used a ton of ice. In fact, I used to go to bed with an ice pack, but on and off, on and off. Ice works wonderfully on burns.

BISER: *You couldn't use lobelia for the pain?*

SCHULZE: No, not for this type of pain. Just use ice and ice packs to freeze the area, to cool it, to calm it down, so you're not in pain and it works fine. I had fourth degree burns and ice worked fine. I didn't have to use any pain relief,

BISER: *If you did nothing, what would your hand have been?*

SCHULZE: I shudder to even think about it.

BISER: *Would you have been able to use the hand?*

SCHULZE: Oh, I don't think so. I think I would have had to have skin grafts if I did nothing. That's what they said. When this spot finally came off, I could see the bone. They said I would have limited usage; that this finger wouldn't work properly. I healed it all.

Now, as I said, fasting was important, but so was keeping those bowels cleaned out. I didn't have a bowel movement on my own for about 7 days, because when you are traumatized, your bowel shuts down.

"You must cleanse the channels of elimination to regrow lost tissue."

BISER: *You had to do an enema?*

SCHULZE: Absolutely. My bowel wouldn't work. I was so terrified, my bowel wouldn't work on its own. So you have to make sure that the elimination channels are working.

Then, what did I put on my burn? Okay, Dr. Christopher's burn paste is good. There's no doubt about it.

BISER: *Is that what you used?*

SCHULZE: Part of the time. It contains comfrey, wheat germ oil and honey. The problem is that the wheat germ oil nowadays is a little bit rancid. It's hard to get good quality wheat germ oil. And honey probably isn't as good as it used to be, but it's a good formula. It works really well. I used that, along with about 20 other things, and that's what I'll cover right here.

One of the first things I did is, whenever I made carrot juice, if I made carrot juice, I took the carrot pulp of a little carrot juice, and I put it on the hand. So I not only drank it, but I put it on the hand. Why? Carrots are high

in vitamin A. Vitamin A is a great healing vitamin and it's anti-infective, and carrot juice is loaded with calcium.

When I made wheat grass juice and drank it, I put the wheat grass pulp on my hand. In fact, almost every juice I made, I soaked my hand in that same juice.

I think one of the greatest things beyond the burn paste is aloe vera. I think it's even better. The reason we like comfrey is because comfrey has allantoin in it, but aloe vera has more.

Okay, that's the bottom line. Plus, aloe vera is a gel, and it's proven to be more effective for burns. You can't use the stuff that's in the stores. The stuff that's in the stores is like Dippity-doo hair setting gel. I mean, it's junk. You have to use the fresh cactus. I had holes in my finger and I took that gel and just laid it over, and wrapped gauze around it, and it's like, "Ahh."

I would wake up in the morning, and there wouldn't be anything there. It was all absorbed right into my body. This gel goes right into your body. Your body soaks it in. Aloe vera has got to be one of the greatest things I know of for burns.

"There will be no infection if you use only the right natural foods as you heal."

BISER: *Didn't all these things you put on cause infection? You're putting on foods.*

SCHULZE: The doctors said that the burn was bad, but the infection I was going to get was going to be even worse. They said that you have to get some sulfa creams on there, your skin has been compromised. Your immune system is going to be attacked directly. They also suggested I take constant antibiotics for weeks. I never had any infection, not one pin drop of pus. I am so convinced infection comes from the inside. Plus, when you have things on there like

honey, honey is a great anti-bacterial. It's hard to get an infection with aloe vera. I was consuming probably six cloves of garlic a day, keeping my garlic up. Also, I was not eating foods that were laden with bacteria like animal products.

I never had a drop of infection. And of course, apples and grapes have pectin, and pectin is incredibly healing to the skin. Then I used various oils. Sometimes I just soaked my hand in olive oil — just pure olive oil.

Exercise was very important. I went out every day and did my exercise. Sometimes, when I was running, my hand would be bleeding through the sling, and I just had to put more gauze on it. I just kept up my exercise, because you need that circulation. Within a week, I was doing hot and cold on it. Right from the shower — hot water, cold water.

BISER: *Hot water directly? But it wasn't washing into the bone?*

SCHULZE: One thing I learned is, don't worry about the stuff coming off. The meat. If you have a severe burn, everything that's burned is going to come off eventually. I saw parts of my hand come off and it scared me to death. Like I said, my thumb casing eventually came off.

My hand swelled up. It looked like a catcher's mitt; and then one day the skin split, and liquids came out. Eventually it gets to where so much material comes off, it doesn't look like you are going to have a hand left. But then it starts healing.

Then a point came where I started getting this gelatin stuff filling in. It looked almost like a jelly substance filling in, and then it almost looked a little cottage-cheesy. It was lower layers of skin that just all grew right back.

BISER: *Sounds like a miracle.*

SCHULZE: It was. All my nails came off, you know I lost my nails. But they grew back, too.

"Scar tissue is the body's way of reinforcing the weakness in a damaged area."

BISER: *The hand healed perfectly. You did everything right Why is it still damaged?*

SCHULZE: A lot of people would say, "If you had used aloe vera, there wouldn't be any scarring."

First of all, if you break a bone, you can't break it again in that same place. The body not only repairs it, but it lays down an extra 25% bone tissue. The body doesn't skimp when it comes to healing. I think that part of scarred tissue is that you have tougher skin in that area.

I think that scar tissue is necessary. It's the way the body heals.

I used so much fresh aloe vera cactus, I was swimming in it. I drank a pint of it some days and put it on my hand. It's not true that aloe will stop all scars. The body naturally creates scars. If we're talking about a cut, okay, I agree. I've had people who had severe lacerations and we healed them naturally. They don't have a scar.

But there wasn't anything here for the body to work with. The body had to put something back there. In different parts of my hand, it looks different. And in some areas, it looks just like my original skin. This hole, that's my bone. It went right down to the bone. And the bone was white. It had charred spots on it. There was a hole there and that hole filled in. That's now the most perfect skin.

Now I'm a burn specialist. I'm an absolute burn specialist. But people won't do this, they are too frightened. They are too fearful. They are not believers. That's what Dr. Christopher was. He knew he was a believer. He was a believer in God, a believer in nature...

BISER: *People do believe in the medical way, even though it's barbaric.*

SCHULZE: I would have had a skin graft.

BISER: *A skin graft couldn't put muscle tissue together.*

SCHULZE: Absolutely not. They said that I would have problems for the rest of my life working this hand.

BISER: *I low could you avoid problems with no muscles?*

SCHULZE: You couldn't. Doctors suggested taking some ligament material out of cadavers and putting them in my finger. That's when I thought, "This is sounding more like Frankenstein every second. I'm getting out of here."

How Dr. Schulze's blown-apart kneecap was restored with natural healing procedures.

BISER: *Dead ligaments from cadavers and put it in your hand?*

SCHULZE: Yes, they said my ligaments were gone. I not only healed my hand, but I put my knee back together. I got into skiing, I did the races. I was going downhill as fast as a human could go, and I turned the corner, and it was sheer ice. It was the end of the day, and the bottom of the mountain froze. I was doing my last bamboo pole, and my knee was like this when I heard a pop.

BISER: *What was that?*

SCHULZE: I tumbled into a snowball.

BISER: *So your knee was toast?*

SCHULZE: Yes, they said that all my medial lateral ligaments on the inside of my knee were ripped in half. There was about a five-inch space between the broken part and the rest of the knee. I also tore my anterior cruciate ligaments. My cartilage was torn and my meniscus was separated.

They said that I needed surgery, so I went to see a friend of mine who's an orthopedic doctor. He looked at me and he said, "I want to heal this naturally, but there are some things that you cannot do." He said, "These ligaments are five inches from where they need to be. They need to be reattached."

He said, "If you even walk on this leg, you'll tear up your cartilage." He said, "You need arthroscopic surgery. It's not a big deal. We just give you a light sedative, and I go in there with the needle. Then I can see in your knee, and I do everything right in there. This is not a big deal."

And I said, "I am going to heal myself naturally." So I went to my bodyworker friends. I even talked to physical therapists, conservative physical therapists, and they said, "Those ligaments will reattach to each other. They know how to find each other". We did a lot of deep tissue repair oil, bodywork every day, massage, hot pack, cold packs, the works. A lot of herbs.

I went from juice fasting to stretching. It got to where I could start moving my knee, then I put some weights on it. It was some of my own physical therapy. The long and short of this story is, I went back to my physical therapist in about 40 days, walking with a slight limp. I walked in. He said, "This is unbelievable. This is amazing."

There was a man lying in the bed in the hospital, in the physical therapy room right there, and as I'm waiting for my physical therapist, he said to me, "Whoa, what happened to you?" We got to talking and he said, "I did the arthroscopic surgery." He goes, "I got a staph infection from it, and I went into intensive care for 17 days with an infection in my knee that went through my whole body."

I rest my case on that one. That's what they wanted me to do.

I don't have any limp at all. They said I would always have a limp. They said the cartilage would be destroyed in my knee because it was going to

grind on itself, since I don't have any anterior ligaments. Well, they grew back. That's all I can say.

Dr. Schulze developed his own simplified formula for trauma and tissue healing, based on the work of the ancient native healers.

BISER: *What compress did you put on that causes regrowth?*

SCHULZE: As you know, I don't use a lot of B, F & C. It was probably one of the great formulas of Dr. Christopher, and I've heard the testimonies from it, but it seemed a little too complicated for me.

BISER: *So you simplified it. What s your simplified regrowth formula?*

SCHULZE: I'm a big fan of the trauma herbs. I use the deep tissue repair oil we covered in our arthritis chapter. This contains arnica, St. John's wort, and marigold. Again, when you look into the old herbals, the herb of choice for bruises and bangs was arnica.

BISER: *This is more than bruises and bangs, these are fractures of bone and ripped tissue.*

SCHULZE: Arnica was considered the greatest external trauma healer, even for broken bones.

BISER: *Today it has a reputation for a soothing herb, but not a healing herb.*

SCHULZE: Arnica, marigold, and St. John's wort, for some reason, have a reputation for being lightweight. But I have seen traditional people in Spain use arnica after they set the bones, wrapping the area in fomentations of arnica.

Throughout history and throughout the world, it's considered very powerful for healing bones and tissue, and soft tissue and cartilage. But for some reason, it's gone out of vogue. As I said, people think it is lightweight.

This is how a lot of herbs are looked at today. Unfortunately, herbs such as slippery elm, peppermint, and a lot of others are very powerful. These herbs are looked at as lightweights, but they are very powerful.

BISER: *They are looked at as stomach soothers.*

SCHULZE: Yes, exactly. But again, I have had a patient who recovered from malignant cancer with large doses of peppermint tea. You can't underestimate what these herbs can do.

"Use aloe vera as a substitute for comfrey."

BISER: *Could somebody use this tissue repair and either mix it with aloe or put the aloe juice on first and then put this on?*

SCHULZE: Absolutely. Use aloe in any way that you want. They could also just add one part comfrey root and leaf in there with the St. Johns wort, the marigold and the arnica. My patients mix and match a lot of things. They could mix it with some comfrey ointment, or they could whip it up with aloe in the blender. I prefer aloe.

Both comfrey and aloe contain the same substance, allantoin. This accelerates cell repair by five or ten times.

I put fresh aloe in the blender and put the deep tissue repair oil in there and whip it all together. My own experiences with many patients is that you don't need anything beyond the tissue repair oil.

BISER: *Do you ever have them take aloe and chop it up and eat it?*

SCHULZE: Absolutely. It's great in blender drinks. It's a little bit mucilaginous, but you don't notice it in a smoothie.

I like aloe vera better than the comfrey. I'm not saying comfrey is a bad herb; I've seen hundreds of people healed by it. I just didn't feel a lot of energy with comfrey, and yet it was one of Dr. Christopher's first herbs. It seemed prickly to me, and I'd put it on open wounds, and it would irritate

them. Comfrey can be very irritating to an open wound. However, his formula will heal in spite of that.

However, aloe is soothing in an open wound, so aloe just became my favorite instead.

Here is Dr. Christopher's famous B, F and C formula,

Dr. Christopher has oak bark in his B,F and C (bone, flesh and cartilage) regeneration formula as an astringent to tighten up the area. Now, if you feel like you need something to tighten up the area, like the skin is flapping loose and you've got to, like, stitch it back together, oak bark is brilliant. It's the greatest. And I use that. This is the formula.

6 parts Comfrey root

6 parts Oak bark

3 parts Gravel root

3 parts Mullein

1 part Lobelia

2 parts Wormwood

3 parts Marsh mallow root

1 part Skullcap

3 parts Walnut bark

The comfrey in the formula brings bones together. Another name for comfrey is knit-bone. It can re-heal and re-form bones that have been shattered or eaten away by disease.

Here are the instructions for making this formula:

Use a large stainless steel pot. Never use aluminum. Use distilled water. Put 1 gallon of distilled water in the pot. Add 1 cup of loose tea mixture.

Mix the tea in the water. Let this mixture sit in the water overnight in the refrigerator. You can even let it sit a few days. The longer you let it sit, within reason, the stronger the tea will be.

Heat the tea, but *not* to a boil. Let the tea simmer. Pour the strained tea back into the pot. Simmer this solution down to one-fourth its original volume. Use this for herbal compresses over the affected area.

Soak a flannel or wash cloth in the hot tea and apply as a hot compress. Use a thick flannel or washcloth for your compress, or else it will not hold much tea. Cover with plastic to retain fluid and heat — then cover with a towel to retain body heat.

You can also put deep tissue repair oil on the skin first, then add the B,F and C formula as a fomentation on top of it.

(NOTE: It is very important that you keep the treated area wrapped and the rest of your body warm. This ensures that you do not get a chill as the tea cools down. Warmth helps the herbs to penetrate better.)

Advice from Dr. Schulze's teacher, Dr. John Christopher. Using comfrey to heal dangerous burns...

Dr. Christopher's famous formula for healing burns was equal parts honey, wheat germ oil, and comfrey.

A couple brought in a boy with bandaged hands. He and his friend had been playing with matches and the resulting fire had roasted their hands. Doctors said either amputate or have skin grafts. The skin grafts would leave the hands as useless claws.

Dr. Christopher told the first boy's parents to use honey, wheat germ oil, and comfrey as a paste; apply it over the entire area and don't pull it off as it dries, but apply more. In months, the boy's hands were healed and as good as new.

The other boy, who went to the hospital, had hands that became claws. He always wore gloves and became a recluse.

In another case, an engine block fell and crushed the pelvis of an 8-year old girl. The parents used comfrey poultices on the entire area and she was healed. Comfrey also caused almost overnight healing in a little girl who fell and split her head open on a stone fireplace. Comfrey paste not only heals, but causes bleeding to stop immediately.

Regenerating bones and nerves...

For this, Dr. Christopher used his famous B,F, and C formula, which is given in this chapter. Dr. Christopher originally formulated this for a girl who had horrible dermatitis over 95 percent of her body and wanted to commit suicide. In three days of using the formula internally and as a poultice, the girl was healed.

I have seen this formula reset a bone that was improperly set years before. It actually softened the bad section of bone, then reknitted it. In another case, it reknitted the bones of a smashed kneecap. I saw this for myself.

On the power of slippery elm .

One boy was emaciated from chest to feet. He was sent home from the hospital, dying from dehydration and malnutrition. He could not assimilate any food and could not even drink water without vomiting. His hip bone was sticking through his flesh and he had bed sores on his back where his spine was sticking out.

Dr. Christopher used a gruel of slippery elm and water, a half teaspoon at a time. He also used slippery elm as a poultice one inch thick on the spine, and on the hip area. Hot wet towels were placed over the paste to keep it

moist. In a matter of months, the skin had healed, the boy had filled out, gained weight, and was playing in the yard.

Also remember that in cases of extreme emaciation and inability to assimilate, Dr. Christopher fed the patient through the skin with alternating massages with olive oil for two days, then wheat germ oil for two days, then castor oil for two days, then repeat. People have done this on their scalp and actually regrown hair.

Chapter Twenty-six

Diabetes

Diabetes

A woman with diabetes was saved from amputation by the methods you are about to read.

SCHULZE: I had a lady named Helen come to see me. Her family actually brought her in. She was a hairdresser.

She had diabetes, she was using insulin intravenously for years and the only reason they came to see me was because the doctors were going to amputate her legs.

The circulation in her legs had degenerated to a point where she already had gangrene in one of her legs, and the doctors just wanted to cut her legs off. Which is something that happens in advanced stages of diabetes. I have had lots of people come to me but she was about as far gone as they get. In fact, they said she might not even survive the surgery because her blood sugar was so out of control.

We've talked about things that we can do for blood sugar and one of the major things is stop eating sugar. A lot of people don't get that, and they don't think of all the things that they're eating that have refined sugars or sweeteners in them.

Garlic has been proven in university studies to not only reduce your blood sugar, but it also increases your own insulin production.

SCHULZE: It's a great healing herb for people who have diabetes. It's an herb that a lot of people overlook. This woman took loads of fresh garlic, because the incurables program contains at least three cloves of fresh garlic every day.

She used a lot more than that. We also treated her legs with hot and cold therapy; body work and fomentations of cayenne and ginger tea to increase the circulation and get the blood flowing again in those legs, especially some of the areas that were turning dark purple to black — because they were just dead. The blood flow had stopped.

For the tea used in this treatment, use two quarts water and one-half cup cayenne (again, the hottest you can find — not the 40,000 H.U. stuff) and one-half cup fresh, chopped ginger.

BISER: *You mean her leg was going to gangrene?*

SCHULZE: Oh absolutely. The doctors had actually used the term gangrene. It had started in her right leg, lower calf and her ankle, and they suggested that it wouldn't get any better and her diabetes was so out of control that they wanted to save her by just cutting her legs off.

And, at that point, she woke up. It's amazing. Some people have to go a ways down the road before they wake and go "Wait a minute, I don't think I'm going to do that." And so she decided that she would do anything before she had the doctors take a saw to her legs.

And she did the incurables treatment. She mainly did it just to heal her legs. This is another example where people don't think they can fix the real problem, the diabetes. I said, "No, you have to monitor your blood sugar every day, and you're going to be taking less and less insulin." Sure enough, even during the first 30 days, I think she reduced her insulin intake by one third, at least.

BISER: *What did she want to do?*

SCHULZE: All she wanted to do was mainly just increase the circulation in her legs, because the doctors were threatening her with amputation of her legs. One of them was going to gangrene and the circulation was bad, so the family just brought her to me to increase the circulation in her legs so

they wouldn't be cut off. They never thought that she could get over her diabetes.

We got the circulation in the legs increased and that purplish-black area of gangrene went back to nice pink tissue. We got the blood to flow, of course, with cayenne and ginger internally.

BISER: *How much cayenne and ginger with her?*

SCHULZE: Oh gosh, we dumped a lot into her. I would say she was consuming a quarter cup of cayenne every day, which is a pretty good amount, but she really liked it and we also had her on a good dose of ginger, a good circulation stimulant. We also put her leg in a cayenne bath of very hot water with a lot of cayenne and ginger, handfuls of it, and she would put it in that and soak it for a few minutes and then take it out and plunge it into a tub of water filled with ice. And we went back and forth on that.

And I'll tell you, it was only days. Of course, that burns a lot, and she did some screaming and yelling because that cayenne gets very hot. But along with a little bit of body work, some skin-brushing and doing that hot and cold bath three times a day, that skin, the tissue was back in about 3 or 4 days. It was quite amazing. You know, gangrene, come on, no gangrene in the world is going to hang in when you're doing hot cayenne baths with ice plunges afterwards. I mean, it just isn't going to happen.

You're going to stimulate that circulation. You'll watch that area come back to life. I'm going to say that in 2-3-4 days, that area will come back to life. This does not take a long time. So she was thrilled, but I told her to hang in there and keep with it and she stayed on the incurables program.

The first 30 days, I think she knocked her insulin needs down by a third and she was off it in 3-4 months. This was someone who had been a diabetic for 15 years on intravenous insulin and was going downhill.

Garlic is powerful for anyone with diabetes, but you have to use enough.

BISER: *Is garlic that powerful for diabetes?*

SCHULZE: Absolutely. But you have to use enough. The incurables program calls for 3 large raw cloves minimum a day, and we could double that for someone with diabetes.

BISER: *Does garlic actually lower sugar substantially?*

SCHULZE: Absolutely. It works two ways. It directly lowers your blood sugar without doing anything. It lowers the amount of sugar in your blood, but then it also stimulates the pancreas to produce more insulin, and of course, that's why you're shooting insulin because the pancreas isn't doing its job, so it's a good pancreatic stimulant, it also reduces your blood sugar level and it's a good one, obviously, for pancreatic cancer. Garlic is a brilliant herb.

BISER: *But nobody talk about it, Richard*

SCHULZE: Oh, I know. And I've seen numerous medical reports for garlic, for diabetes. I would say I've seen 50-60 reports out of medical schools from universities where they've used garlic on diabetic patients. But then again, you're never going to see that anywhere because there's no money in selling garlic.

BISER: *Now, Richard, does garlic have a mild blood sugar-lowering action, or a strong one?*

SCHULZE: I think it's incredibly strong. Of course, when you're testing for your blood sugar, you can test every day, and I've seen people reduce their insulin by half in a week. Really went at it with the juices and the garlic. Oh, It's very strong.

BISER: *Richard, if it's in the medical literature, why wouldn't they use it? I know it's a dumb question.*

SCHULZE: I know! I would say about a tenth of the research has been with diabetes. It's a very effective treatment for diabetics. But you know what it is too? It's too easy. Getting well with natural methods is simple. That would be the best way to describe it.

BISER: *Richard, I have a friend who's got diabetes, but he says he gets diarrhea every time he eats garlic.*

SCHULZE: Well, you know he may have a compound problem. He might have colitis or inflammation of the bowel, so a little bit of garlic goes a long way with him. You know, the best thing to do with him would be to find out what's going on with his bowel.

Maybe get his bowel soothed and detoxified with intestinal formula number two (given in the colon chapter) and then go in there with the garlic treatment, because it works very well for diabetes.

He might have an irritated or spastic colon or digestion, and so he needs to start out with a little bit of garlic. Just a little bit, until he can tolerate that, then increase his dosage slowly.

Cayenne and blood sugar.

BISER: *Does cayenne have any effect on sugar?*

SCHULZE: Yes, just by stimulating the circulation, making your blood flow better. One of the things that happens with diabetics is that the circulation of their blood gets horrible. Sometimes, they even have their extremities amputated in serious cases.

So, sure, cayenne's a brilliant herb, and it is part of the program. Whether or not it absolutely lowers blood sugar, I don't know, but when your blood is circulating more efficiently, you don't need as much of the chemicals that your body produces in your blood. A little goes a long way. That's definitely to be part of the program. But garlic specifically, yes.

When you have better circulation, you have better hormonal communication between your endocrine organs, such as the pancreas. If your blood is thick, it takes longer for your organs to get the chemical feedback messages they depend on. One of the greatest herbs in the world for female hormonal balancing, Dong Quai, just happens to increase circulation. It is no accident why it works.

Cedar berries and blood sugar.

BISER: *Dr. Christopher always mentioned that cedar berry would help the pancreas, but is that true, or only for a few people?*

SCHULZE: It's a Dr. Christopher original only. I have talked with people world-wide and nobody else does that Now Dr. Christopher swore by it. I won't argue against his case histories.

My own feeling is that the pancreas is an endocrine organ like the liver, and any organ can wear out. Usually, when the endocrine organs aren't working well, it's a sign of whole endocrine system dysfunction.

To simplify this a little bit, I've never seen anyone with diabetes who wasn't living a horrifying life-style eating program. I don't meet people with diabetes who are vegetarian that don't drink Coca-Cola. I was in a video store last night and I had my son Arthur in my hands and there was a lady with a 2-year-old kid, and she was pouring Pepsi into his bottle.

BISER: *A 2-year-old kid with Pepsi!*

SCHULZE: Yea, you know what I'm saying? You can't live like this, and then go looking for an herb to control diabetes.

When it comes to children, or adults too, if they are going to consume fruit juice, they dilute it. Easy on the fruit juices. I always find that diabetics who come to me they are sugar addicts, they are eating sweets, they are

drinking a little Coca-cola, and so on. I've never had a diabetic come to me on insulin that was living a healthy life, ever.

There are pancreatic types, people predisposed for that pancreas to self-destruct. You have an unhealthy diet, and it self-destructs. Then you get termed a diabetic. And what it is, is that's just your weak organ.

BISER: *They don't need to do anything for that organ, do they?*

SCHULZE: I've never had to do anything special. I've played with a lot of diabetic or blood-sugar herbs. But my feeling is that the whole program did more than the herbs. You know, Dr. Christopher used the cedar berries, but that was his icing on the cake of the program.

BISER: *I'm sure the way they promote it now is, "Forget the program, take the cedar berries."*

SCHULZE: Absolutely. I use a few different herbs here that I played with, but to be quite honest, my feeling is that everybody likes to talk about an herb that is good for regulating blood-sugar. My feeling is the best thing to regulate blood-sugar is don't drink Coca-Cola. There's too much sugar in all that stuff, and it runs down the pancreas.

Most of these people who come to me...well, everybody wants to skip the work. But I've seen many people turn themselves around with diabetes. Again, the real key is to stop eating sugar, because your pancreas is getting worn out.

Get into more raw food. Your pancreas has to make a lot of enzymes when you eat cooked food. Anybody who's diabetic really needs to move onto raw foods and get away from cooked foods. And, of course, that's the Incurables program.

Dr. Schulze's hormone formula may lower blood sugar.

The hormone formula we have discussed in the section on cervical cancer can also lower blood sugar quite a bit. It is not a female formula. It is a hormone balancing formula. It will balance the testosterone levels and improve the communication between the pituitary, the hypothalamus and the testicles.

A friend of mine used this formula to reduce his blood sugar from 360 to 130. But by it may not work for everyone, and you still need a whole program, not an herbal fix-it. As Dr. Schulze told me...

SCHULZE: You get men when their hormones are down and they start getting depressed and they don't know what to do about their life or their career. And, here's a great thing — I have had hundreds of men take the female formula and say that it brought them back together.

This is the problem with even naming something herbal because these herbs have so many chemicals and can do so many things. Let's just look at it. The female formula doesn't contain estrogen. Its job is to create a better communication between the hypothalamus and the pituitary and the ovaries. And between all endocrine organs.

So, I've had numerous men take the female formula. They just saw it on their wives dresser and they weren't feeling right and they decided to take it. Many of them were embarrassed even to tell me this story.

In fact, I've had many diabetics receive great results with it because it balances the chemicals between the hypothalamus, the pituitary and the pancreas. It could easily be called a male hormone balancer, and insulin balancer and thyroid balancer.

BISER: *Weren't you surprised at first when the men said, 'I'm better.'*

SCHULZE: Yes I was. What I designed my herbal formulas to do is 5% of their usage. 95% of the usage came from my patients daring to pioneer other

uses. I've had people, by accident, gargle with something that was supposed to go up the butt, and it worked. I came up with one or two uses for a formula and my patients came up with a thousand or two thousand.

Hundreds of men said, "I feel more like a man." It's something I never expected.

Chapter Twenty-seven

Appendicitis

Appendicitis

Appendicitis is basically advanced constipation.

The appendix is a collection of lymph tissue.

It is designed to excrete immune system material into the bowel. It detects if there is bacteria and / or fungus in the bowel. It detects something in the bowel, and it will excrete white blood cells and immune cells to destroy that infection.

When you cut out that appendix, that's like if your hand hurts, cut it off. It doesn't make any sense. We need to save these appendices- In fact, modern immune studies out of UCLA Medical School textbooks say that when your appendix is removed, other parts of your immune system don't work as well.

They have even done studies showing that your spleen won't work as well when your appendix is out of there.

Stop all food, and do a high enema immediately.

BISER: *What do you do in a case of severe appendicitis?*

SCHULZE: When someone has appendicitis, the first thing you do is you stop eating — because appendicitis is caused by constipation and your fecal matter being pushed into the orifice of the appendix. It inflames and it hurts, and it can get so infected it will leak pus, and, of course, that is very dangerous.

No more food, go only to juices. Drink a large amount like a gallon a day of apple juice and / or add some prune juice to it, too. Do the high enemas we discussed earlier. In fact, you wouldn't want to do a colonic — you don't want any pressure in there. You just do that high enema and get that constipation out of there.

At least do a rectal enema. If that goes okay, then you go on to a high enema. Basically, what you are doing is stopping any food from going in, and getting out what is in there.

BISER: You use this even in life-threatening cases?

SCHULZE: Absolutely.

BISER: What if it's hours away from rupture?

SCHULZE: That's what happened to a friend of mine in Florida. He was freaked. He was ready to take his daughter to the hospital because she had a 103 degree fever.

What to do if perforation has already occurred.

BISER: *What do you do with the fact that it's swelling up? How do you deal with it?*

SCHULZE: The thing is that appendicitis usually happens after the person has had some bout with constipation, or over-eating or something like that.

The minute you stop eating and you give a high enema, it takes the pressure off. And, of course, if you flood yourself with gallons of juices, then you don't have to worry about the fever.

If you feel you have an infection, then load yourself up with garlic and echinacea. That is in case there has been some perforation, or if there is some pus. If you have a fever, there has been some perforation. So take a lot of garlic and echinacea. Echinacea, you can take a ton of, like two dropperfuls of tincture every hour for the next couple of days. Half a bottle a day.

BISER: *How much garlic should you take?*

SCHULZE: Six cloves. That would be over the course of a day.

You can go more, but you'd better take it easy, because some people throw up on that. Then you can also do a liver flush immediately. Flush that

bile, get that oil in; oil is wonderful. Get some intestinal formula #1 in (see the bowel chapter) and get that bowel working. Then you have gone in and done all the enemas, so you have relieved it from upper and lower — meaning, no food from the mouth, and all wastes out of the colon.

Use castor oil packs 24 hours a day over the appendix.

BISER: *What do you do right on top of the area?*

SCHULZE: Castor oil fomentation. Definitely. They are a must. I heard one woman who just had it with her son who did it continuously. They did it 24 hours a day.

And why not! You are talking about a situation in which most people are hospitalized and have surgery. That's exactly right. Castor oil packs 24 hours a day. I also like to do light massage over the appendix — even though medical doctors say to never touch the area.

BISER: *Don't touch it, it's inflamed?*

SCHULZE: I like to do light massage, and you are doing massage from the hip bone towards the navel or the groin. You are going from your lower right hand side up towards your center, and from your pubic bone area up towards your center. You can actually drain it a little bit. Just lightly, with the palm of your hand.

BISER: *It doesn't cause a rupture?*

SCHULZE: Again, you have to use your consciousness. If it hurts tremendously when you are doing it, ease up a little bit. But you are trying to work that pus and fecal matter out of the appendix. I've never ruptured one doing that. I don't know a natural healer who will even do that. I've had a lot of people on my table with full-blown appendicitis and I've done it and it has helped.

BISER: *You mean the swelling goes down?*

SCHULZE: That's what happens. I had one interesting story I'll tell you. I was needing some money to do some traveling and I didn't have it. Some woman called Dr. Christopher and said, "My husband has appendicitis and is in the hospital." She said, "There are two surgeons there and they want to do surgery immediately." Dr. Christopher gave her my phone number.

She called me and brought her husband over, and we worked on him for about four hours until he was relieved. Then I gave him a program for two or three days, and he got better. She was a very influential person and sent me probably a hundred clients in the next three weeks. The long and short of it was I got the money to go on my trip. I've never had a person who had to be cut open.

You know, when my friend from Florida called me, she was pretty far gone. She was really sweating bullets. Her daughter had full-blown appendicitis, 103 degree fever.

BISER: *What was she doing for it?*

SCHULZE: She was doing some stuff, but she didn't turn the volume up enough. She was doing a little of this and a little of that. She said her daughter didn't want to.

BISER: *Didn't want to what?*

SCHULZE: I don't know...drink something. I said, "Julia, there is no time. I said, "Either you do this, or you go to the hospital." She had considered the hospital, and hey, I can understand it. I have a son now too. It's a scary situation. I said, If you take her to the hospital, and then you don't want to do what they say, you are stuck because they can take her away from you."

Any hospital in the United States— if you take your kid in with appendicitis and you say, "I want to take him out; I don't want to operate,"

then they will arrest you for endangering the welfare of a child. She got so scared, she decided to get on with what I told her.

BISER: *The little girl could end up not being her daughter anymore.*

SCHULZE: Exactly. They could take all her kids away if she had pulled some stunt like that. That scared her enough to go to work intensely. And sure enough, in 24 hours, her little girl, Maxine, was fine.

Chapter Twenty-eight
Eye Disease

Eye Disease

In this chapter, you will learn about a formula that has corrected vision problems such as cataracts, glaucoma, cloudy vision and other visual degenerations.

You will also learn about improvements to Dr. Christopher's original eye formula, and you'll find out why people are getting such erratic results with it.

If you use commercial herbs in your eyewash, you could be getting pesticides in your eyes.

BISER: *Why have my readers got such disappointing results with Dr. Christopher's eye formula?*

SCHULZE: The first reason goes to what we talked about earlier; poor quality commercial-grade herbs. You want to make sure the herbs are organically grown or wild-crafted. You cannot trust where commercial herbs were grown, and how they were treated when they were imported into the U.S. Why would you want to use a formula to remove toxins from your eyes, and then use herbs with poisons in them?

On top of that, people are getting the herbs in powdered form. I think there is hardly any of the volatile oils and potency left in the herbs they're using.

The second problem is that people are not using the formula enough, because it's been too difficult to use. Most people will not go through the trouble of making the eye tea every two days, straining it and heating it after taking it out of the refrigerator, and then making sure they don't heat it too much, and then repeating this whole process six times a day. As I'll explain later, I've made the whole thing much easier.

The third reason people aren't getting results with their eyes is that, again, this is a dedicated program.

Whatever results the patient gets are dramatically reflected by the amount of work that they put into the program. If someone just uses the eyewash by itself, they can expect some differences. If they use it six times a day, they can expect better differences. But if they use it six times a day along with having that juicer going, and juicing themselves three glasses of carrot juice a day, and getting all that vitamin A in their system, then it's even better.

If they use it along with brain herbs like ginkgo biloba and cayenne and rosemary to stimulate more blood and oxygen to the brain, then it's better still.

And if they use it along with getting on their slant board, or slant couch once or twice a day, now we are talking about seeing dramatic results. People just tend to do one thing and expect it to create a miracle, and you really have to put the whole program together.

I might say that over the years, too much emphasis has been put on just the herb formula — and not enough on the *other* things that Dr. Christopher said and talked about.

**If you just use the herbs and don't cleanse your body—
you may never get the healing that others do.**

BISER: *That's a good point, Richard. Over the years, people took out of his teachings what they felt like.*

SCHULZE: They just took the herbs. Basically, it's just the herbs. And if you read Dr. Christopher's writings; if you look at his books, Dr. Christopher would spend hours telling people about what he called

the "mucusless" diet. It's a high-fat diet that causes eye disorders, cataracts, and cholesterol deposits in the eyes.

You can't expect to clean the mucus and bacteria out of your eyes and get your eyes clean if you are packing it in just as fast with your food program, and if your liver is clogged and dirty and your blood is filthy.

Dr. Christopher created all of these programs that were full- spectrum. The herbs were just to accentuate all the work that you are also doing on these programs. And somehow over the years this has been lost to where they think, "Well, to fix your eyes, you use Dr. Christopher's eyewash."

BISER: *And to fix your kidneys, you do this herb, and to fix your this, you do that, and so on.*

SCHULZE: That's what happened. As I just said, the foundation of all of Dr. Christopher's programs was the mucusless diet. He was a fanatic about eating a clean food program that cleaned your body, fed you with supernutrition and also promoted better elimination of the poisons from your systems.

And, of course, that was his diet of fruits, vegetables, nuts , seeds and grains. And people out there will stay on their diet of Budweiser, pepperoni pizza, and constipation, use the eyewash and say, "It didn't work for me." Well, that wasn't the whole program.

BISER: *So you saw the results that he used to talk about.*

SCHULZE: Absolutely. I saw hundreds of patients who had tremendous results with all his programs. But again, Dr. Christopher used a whole spectrum of natural healing programs. Yet, so many people today, out of their laziness, are so stuck with their current life-style that they only use the herbs. And what is amazing is that, many times, it works. I'm always amazed at the power of herbs, when people just use them on their own.

BISER: *And it works when they don't do the rest, but they can't count on it.*

SCHULZE: Absolutely. But you can't ever count on it. And where the power of these programs really comes through is when, as a foundation, you use the vegetarian food program; you add to that your bowel cleansing, which is the beginning.

Of course, Dr. Christopher was strong with everybody about cleaning the bowel, but he was just as strong about cleaning the liver.

Everybody who worked with Dr. Christopher got a good food program and the liver and bowel cleansing, even if it was just to work towards doing that eyewash. Unfortunately, over the years people have kind of picked and chose what they wanted to from the Dr. Christopher routines. That's one big reason why people aren't seeing the cures he talked about.

BISER: *So they say it didn't work, he was just telling big stories.*

SCHULZE: He didn't make any of these results up. It's the people who have watered down his programs, and who have substituted commercial-grade herbs for the fresh herbs he got from around the state of Utah, or wherever he lived at the time.

**I use 800 times as much cayenne in the eyes as
Dr. Christopher—and people get results in one single hour.**

BISER: *What is the formula and what have you done to improve it?*

SCHULZE: Dr. Christopher's original formula is equal parts of eyebright herb, bayberry bark, red raspberry, and goldenseal, and one-eighth part cayenne. What I do is increase the amount of cayenne in the formula. I've even made the formula with 800 times as much cayenne as Dr. Christopher did.

BISER: *800 times? Wouldn't that burn someone's eye out?*

SCHULZE: No. Not at all. We put a hundred parts cayenne, so that's 800 times his original recipe. You put it in once and you have involuntary eye closure, it burns the students' eyes. They can't believe it. They are all standing around blind; nobody can walk anywhere. It's like a Chinese fire drill in the kitchen, but in three minutes, they open their eyes and they see better than they ever remember seeing and they are amazed that they can still have eyesight.

In five minutes, their eyes are clear and sparkling and they are amazed. You know what that does?

BISER: *What?*

SCHULZE: It makes nobody afraid of an eighth part cayenne. And I do it on purpose.

BISER: *What do you recommend our readers do?*

SCHULZE: Start with Dr. Christopher's portion of one-eighth part, and then when you are comfortable with that, which usually doesn't take very long, you can go to one-quarter part, one-half part, but you can take it up even beyond that to 2 parts, 3 parts, 4 parts, and beyond.

Another thing I recommend, instead of preparing eyewash tea and then double straining it and making it lukewarm, is to skip all that and do a tincture. We've covered how to make tinctures in an earlier chapter.

One of the great advantages about having it in a liquid extract is you can literally wash your eyes out 6 times a day. It's very simple. You take out the eye cup, you put 5-10 drops of the formula in an extract in that cup, fill it up with lukewarm distilled water, tip back and wash your eye.

You can wash both eyes out twice in less than 5 minutes. Roll your eyes in both directions. Do X's, and get the eyewash into all corners of the eyes. Some patients add a dropperful or two of cayenne tincture to each bottle of homemade eyewash tincture to get more results.

I've had hundreds of patients with cataracts get better eyesight and get rid of their cataracts.

BISER: *How long for really severe eye problems? How often a day should they wash it?*

SCHULZE: Five or six times a day. Some patients make a dilute solution of the tincture to carry with them to wash out their eyes during the day.

BISER: *Most people are not doing that, what are they doing?*

SCHULZE: Two to three times a day with the tea.

BISER: *I doubt if they even do that.*

SCHULZE: I doubt it, too. Most people just aren't dedicated. But my patients who have been dedicated with it have had dramatic results. I've had many patients lessen their prescription on their glasses and eventually throw their glasses away. I've had many patients with glaucoma recover.

BISER: *Dr. Christopher said that cataracts used to flop off, is that true?*

SCHULZE: I haven't seen it quite like that. But I have seen a lot of people with cataracts do the eyewash for 1 day, 2 days, 3 days and then I will get a call from a horrified person.

They wake up in the morning and their eyes are absolutely stuck shut. They can't get their eyes open, and they are actually calling me on the telephone with their eyes glued shut.

Of course, it's no big panic. I have them take hot washcloths with water and put them on the eyes. And what it is that during the night after doing all this eye washing, their eyes eliminate poisons, toxins, pus, and bacteria from the tear ducts and so on. All this has glued their eyes shut during the night. That is not an uncommon thing to happen, especially with people who are using the routine for cataracts.

BISER: *What about infection coming out of the eyes? Have you ever seen people whose eyes supposedly got infected from this? I've heard people say it caused a serious eye infection.*

SCHULZE: Yes, but that's not true. Of course, your doctor may say that. But what's happened is these herbs are drawing mucus and pus out of the tear ducts and out of the eye.

So what appears to be that you got an infection after two or three days of using the eyewash is just the purification process. If you keep going with it in another day or two it will be over.

I've seen the same thing with his vaginal bolus routine. I've seen women do it, and then all of a sudden they develop a discharge and have an irritation and discharge vaginally. And certainly if you go to your OB / GYN and say I've been putting herbs up my vagina —

BISER: *They will say that you contaminated your vagina.*

SCHULZE: Absolutely. But the bottom line is it's drawing this material out. If you continue the program, it will come out and stay out.

BISER: *What happens if it comes out in their eyes; how do they deal with it? All of a sudden, they think there is a raging infection.*

SCHULZE: It's not that bad, and of course, one thing that is in the formula is goldenseal. Goldenseal is a great anti-bacterial to the mucous membranes and especially the eyes.

So it is not a problem, you just use more eyewash the minute you notice that coming out. It's not uncommon in cases of serious eye disease. Once you are using the eyewash for 2-3 days or even a week, all of a sudden your tear ducts start opening up. Of course, this is one of the things that the eyewash does.

BISER: *Have you ever had any infection get out of control?*

SCHULZE: No, never. I just have people that have their eyes stuck. A hot washcloth is all that is needed to do the trick, and then you wash the eyes out again. I've never had anybody have a real problem with it except being a little startled from waking up with their eyes stuck shut.

BISER: *I low much cayenne do you recommend for maximum results?*

SCHULZE: We put in 40 times more than Dr. Christopher. Instead of one-eighth part cayenne, we put in about 5 parts cayenne.

BISER: *And it's causing pussing in one hour.*

SCHULZE: In one hour, we had one of the girls bringing like a strand of mucus out of the corner of the eye.

BISER: *It's doing cleansing that my readers aren't getting in months of taking junk herbs.*

SCHULZE: That's for sure. And there is the thing, too, that your readers and other healers get stuck on — the irrational fear of cayenne pepper.

I think it's normal human nature to be afraid. But you always have to weigh out the alternatives. If I don't push my patients far enough, if I don't dare to put 50 times the cayenne in Dr. Christopher's eyewash — these people are going to have laser surgery on their eyes.

And in my mind, laser surgery is worse than a little temporary discomfort from cayenne pepper.

BISER: *Have you ever had people who were almost blind?*

SCHULZE: Absolutely I've had people who couldn't see anything. They describe it as though they are looking through vaseline. I've had patients like that.

BISER: *And you got them cured?*

SCHULZE: Absolutely.

BISER: *What happens when it comes off, what do they tell you?*

SCHULZE: They just start seeing clearer and clearer. Then their eyesight regains itself. But it doesn't just happen with drinking a couple of cups of eyebright tea.

It just isn't going to happen. We are using 50 times the cayenne, you work up to that, but we *are* using 50 times the cayenne.

We are also using the other herbs to stimulate circulation to the brain, and we are taking large doses of cayenne pepper orally.

And it just begins there. People just aren't turning up the volume on these programs enough. What are they afraid of? I'd be terrified of having laser surgery on my eyes. I find that my colleagues out there are letting their own fear get in the way. They don't consider that the patient is backed up against the wall — so, they never take natural healing anywhere close to what it can do.

Advice from Dr. Schulze's teacher, Dr. John Christopher. For blindness...

For this, Dr. Christopher used his famous B and B tincture, which is given in the chapter on nerve regeneration. In one case, a young totally blind boy was given the eyewash formula (given in the eye chapter), plus the B and B tincture for the optic nerve, and months later, Dr. Christopher saw the boy chasing colored marbles across the floor.

READER'S QUESTION: Can I use the eyewash if I have a lens implant?

SCHULZE: Yes, there is no problem with the lense implant. The eyewash mainly creates circulation for the eye. With any type of eye surgery, as long as you don't have an open wound on the eye, and I would still do it then, but you will get hell from your eye doctor, because he won't understand.

Chapter Twenty-nine

Lupus

Lupus

"Burdock is the greatest herb for eliminating the poisons just underneath the skin."

SCHULZE: A young lady in her mid-twenties came to see me. She had chronic lupus and she had it since she was 13 or 14 years old.

The doctors had treated her with numerous medications that lupus patients already know. And it got worse. The toughest thing she experienced was no energy. She had no energy to do anything. She told me she felt absolutely disabled. She couldn't go to school, she couldn't think, she couldn't work, she had been diagnosed from holistic practitioners with a lot of different things, including Candida overgrowth.

BISER: *They couldn't help...*

SCHULZE: No, they couldn't help. I got her off of her makeup. If you want to improve someone's skin, burdock root is the greatest herb for the skin. Everything that's under the skin, it pushes right out through the surface. You will look pimply for two or three days, but when that's done, your skin will glow.

I gave her burdock root tea and I had her do hot baths in burdock tea. And you can eat burdock root. It's a staple of the Japanese diet, but Americans don't eat it. They grow it like carrots.

BISER: *Why is lupus so difficult to cure for the natural health community?*

SCHULZE: Because no one gets to the bottom line. Of course, the bottom line with lupus, like any incurable disease, is you need to open up the elimination channels.

BISER: *But don't the people in natural healing know that?*

SCHULZE: No. They say they do, but they really don't. I rarely find that people in natural healing do anything effective.

To show you how stupid and ignorant they are, most of my colleagues have names for my intestinal corrective formula. They call it TNT, herbal explosive; they call it depth charges, they call it nuclear bombs, they think it's outrageous, they think that it will hurt people...

I think it's outrageous that every American, if they live long enough, will have bowel disease.

BISER: *Dangerous? They think your formulas are dangerous?*

SCHULZE: Yes, and that they cause herbal addiction. But they're crazy. My formulas were created in a clinic for real live people with real diseases.

Their formulas were created from reading books, and based upon the chemical analyses of herbs. But just because something *should* work based upon a 400-year-old herbal book doesn't mean it *will* work for the people living in the 1990's.

My formulas and procedures work — on lupus and everything else I treated. I know, because my patients told me, and I saw the results.

Basically, with lupus, we're looking at an immune system disorder. One of the greatest for that is echinacea. [For immune system formulas with echinacea, see the chapter on Immune System Formulas.]

BISER: *But everyone knows about echinacea. That's no big deal.*

SCHULZE: No, it isn't. But the echinacea most people are taking is so useless you could swallow a whole bottle and you couldn't cure anything. The truth is, most herbalists I know wouldn't know an echinacea root if they stumbled over it.

I think it's important to get that root and boil it at home, and drink that tea. I've seen miracles happen overnight with everything from lupus

to hives to blood poisoning. Unbelievable cures from it. People with lupus also need to add the blood-cleansers we discussed elsewhere.

I had a businessman come to me, in his late 30s, a very stressed-out man. He wasn't aware that he had lupus, but his wife complained that he smelled, that his breath smelled, that his skin smelled, and the harder he was working, the less energy he had.

He started feeling sick and he had all the classic symptoms of lupus as diagnosed by the doctor. This doctor was giving him medication but he didn't make any changes in the man's life, so he just got sicker and sicker and sicker, and finally he couldn't go to work.

Of course, when he couldn't go to work, that created more stress. The lupus got worse and it's a real catch-22 situation. Finally, they tried holistic methods, natural methods, chiropractic adjustments, and the chiropractors were selling him vitamins, which didn't work.

What he did was useless, because he didn't make any major changes in his life.

BISER: *So you got a hold of him and he started getting better?*

SCHULZE: Sometimes, people who are the worst have the most immediate responses, and he did. It's not true that it always takes a long time to get well. Healers use that as an excuse when they don't know how to heal.

You'll know when you are on the right track, because you can feel better in two days. I mean, prepare yourself for a miracle, that's what I always tell my patients. And they get well. They all tell me, "I've done this before or done that before," but they have never done it this intensely, or all at once. The incurables is a tough, full-spectrum program, and the people who stay sick are the ones who dabble.

BISER: *What happened to this man?*

SCHULZE: He got better in about two days. He felt dramatically better, and his energy came back. Sometimes it's hard for me to put the reins on patients, because the first thing was he wanted to go back to work. I said, "No, you need to take some time off here. Your body is responding very quickly but we need to rest."

I have to hold these patients down, sometimes, because they are feeling so good. I forced him to go through the other incurable routines.

His lupus went away, he went back to work, and went back to all his old ways. Okay, the coffee drinking, the pot of coffee, the cigarettes when he got really nervous; he forgot his exercise program, he stopped the bowel cleansers, he didn't do this, didn't do that. And the next thing, it came right back.

I've seen this with cancer tumors, they come right back. I'm not saying you have to stay on the incurables program forever, but you have to stay in a good, healthy life-style.

BISER: *The lupus came right back for good?*

SCHULZE: No, but it came right back, and hit him harder the second time.

He came back to me and he goes, "The lupus is back." And I said "I know why." And he goes, "Yea, I fell off the program." I said, "You didn't fall off the program, you leaped off the program."

The minute he got back onto the right ways, the lupus went away. With some people, we have inherent weaknesses, meaning that we have weaker parts of our body. You will find under times of stress, these areas will dysfunction. This is a sign for you to get back to work on your healing programs.

Chapter Thirty

Emphysema and other Lung Conditions

Emphysema and other Lung Conditions

On the videotapes, lung cancer was covered. The treatments are similar, but for your information, here is one of Richard Schulzes emphysema patients who followed these methods and cured the disease.

SCHULZE: I had a man come to see me who was the worst case I've seen. He had emphysema. He also had what is called chronic bronchitis, he also had asthma and, according to his doctors, they said he would never return to normal. It's a nice positive statement you hear from doctors quite often.

BISER: *But how bad was this man?*

SCHULZE: Well, he basically couldn't do much. He was a movie actor. He first started noticing he had a problem when he was gasping for breath. He'd just get up and walk across the room and lose his breath.

Then the next thing he noticed was that they couldn't hear him. His voice wasn't coming out on the microphone, and so he had to go in and do voice-overs on everything.

He got to the point where they could never pick him up, no matter where they placed the mike. Finally, it got so bad he couldn't get off his chair, and he was basically bedridden. He was a cigarette smoker for about 30 years, and one of the really heavy smokers (2 or 3 packs a day). He had a family history of lung disease, and I think someone in his family also had lung cancer.

He didn't have lung cancer, but one doctor diagnosed him with emphysema, another with chronic bronchitis and another one with asthma, and then they diagnosed him with all three, which is not totally common — but it's not rare either.

Whenever you have *two* of these they consider it irreversible. His lungs were scarred and doctors said they wouldn't get better.

Well, the first thing he did was to quit smoking. He was scared at this point. He couldn't even get out of bed. Every time he took a breath, he'd start choking and coughing. He had a lot of inflammation in his lungs, and mucus, and he went on the incurables routine. He did the juice fast, and stayed on that for a long time. His wind came back, his breath came back.

In fact, he's still working today. He's still making movies, doing television, and he has no problems with his lungs at all. He does long power walks in the morning and has basically cured all three conditions they said he had. When he got started on this program, it was like he was sucking through a straw when he tried to breathe.

I've seen numerous other people with one, and sometimes even three, of these conditions, and of course, once doctors diagnose you with all three they put you in this group they call the X-group and that means that you're not ever going to get better.

I've seen these people turn it around. My youngest patient, who was totally asthmatic, was two and a half years old, had been on a year and a half of antibiotics. I think my oldest was in her 90s, and she had pneumonia so bad she sounded like someone was gargling when she talked to me. I mean, it was like the air had to go through liquid. It was bubbling. It sounded like she was talking through an aquarium.

Some of these people get so much inflammation and so much fluid on their lung. The doctors absolutely believe when you develop scar tissue in your lungs and your airway is obstructed, it doesn't ever reverse itself.

And they're very emphatic about this, especially the Lung Association, the Asthma Foundations, etc. They believe that there is no cure for this disease. But I've seen hundreds of people turn it around — once they stop their bad habits and do the incurables program.

One of the things medicine has done to discourage people from self-healing is saying, once an organ is damaged, it won't repair itself. But now it's proven that the minute you stop abusing your lungs, the white blood cells in the lungs start eating the tar up and the scar tissue, too.

So you can just accelerate that with all the natural healing programs. I've seen people who were wheezing and couldn't walk due to emphysema — be better in six months.

Emphysema most of the time is caused by bad habits and an unhealthy life-style. The minute you turn that around, you're on the road to recovery. The key factor would be, obviously, stop doing anything to damage the lung.

Chapter Thirty-one
Heart Disease

Heart Disease

You can cleanse your clogged arteries without drugs, surgery or massive doses of vitamins. You won't need anything but natural foods and herbs. Your circulatory system can be transformed in 30 days, but it takes hard healing work to make that happen. And you will be doing things you have never learn from anyone else. Here is how to do it...

"I healed people who a major heart clinic was too scared to work on. They were afraid these people would vapor-lock while on the treadmill."

BISER: *Richard, did you ever have people who should have had a heart bypass — and didn't, because of you?*

SCHULZE: Oh, absolutely. I've had patients who a famous heart researcher threw out. He said they were too far gone. In fact, I've had numerous patients from a major heart center. One of the people who works at the center is a friend of mine, and she's a nurse there.

People came in with severe artery blockage, and this was before the days of Dean Ornish. Dean Ornish is the first medical doctor to recently prove, via angiograms and CAT scans, that natural healing cleans out arteries. Dr. Christopher was talking about that back in the 30's.

A certain number of people would go to a famous heart clinic, and the clinic was afraid to put them on an exercise program and diet, because their arteries were so clogged — we'll say 80% or more clogged. These clinics were afraid the patients would die on the treadmill. They didn't want to be sued.

And so, they would suggest they have coronary bypass surgery, and then come back. Well, this isn't what some of those people wanted to hear. This

nurse used to refer them to me, unbeknownst to the clinic, for people who were willing...

You know, she'd do a little interview with them, and if they said, "Hey look, I'll do anything," then she'd send them to me. Of course, what we would do was the 30-day juice fast or raw food program. But definitely, for the rest of their life, vegetarianism.

This clinic still served chicken and fish in the cafeteria there. This clinic believed that chicken had less cholesterol than beef, and it doesn't. It has the exact same amount. Now, they were small portions, but the bottom line is, "Why screw around when you're ready to vapor-lock?" Why put any more fat into the body? Even Dean Ornish's program still includes dairy products. So, I had numerous patients from the heart clinics, and we'd go total vegetarian. We'd get that cholesterol level down, as I said on the videotapes.

BISER: *Weren't some of them so bad the doctor said, "We've got to do a transplant"*

SCHULZE: Yes, transplants and coronary bypass surgery.

BISER: *If they need a transplant, is it too gone for natural healing?*

SCHULZE: Absolutely not. If I was still in practice, I would love to have lots of patients awaiting transplants.

From what I've already seen, I know natural healing would save lives. I've saved numerous people whose arteries were so blocked that they had daily pain down their left arm.

It was just killing them from the angina and the pain in their heart. The angiograms showed massive artery blockage. And, of course, doctors believed in those days, and this was especially in the 80s, that there was no reversal of this. But we had reversal with everybody who followed the program.

BISER: *Everybody?*

SCHULZE: Yeah. You know, Dr. Christopher even used to say that alfalfa would clean the arteries. And, of course, nowadays they know that not only does alfalfa do it, but garlic does it, and so do many herbs and natural routines.

But even exercise alone has been shown to clean the arteries. It's just that Dr. Christopher was doing this program when Dean Ornish was in diapers, but nobody listened to it until Dean Ornish stated it — because he is an M.D. And now they still don't listen to it. Dean Ornish was shocked that the world wasn't going to sit up and take notice with what natural healers had been saying for 50 years.

BISER: *He couldn't believe they wouldn't listen?*

SCHULZE: That's right. I saw it when he presented it live to the American Heart Association. They turned him down flat.

He said, "I can't believe it. I've got a program here that's proven, that's reduced coronary plaque in the arteries, with angiograms and CAT scans to back it up." And they said, the average American was not going to adapt to a vegetarian food program.

They felt that the average American would opt for coronary bypass surgery. I couldn't believe it when they said that. That's what stupid morons the American Heart Association thinks that Americans are.

They think we're so stupid, so constipated, and so stuck in our ways that we'd rather have a Skill saw cut through our sternum, cutting our veins out of our legs, stripping them out, cutting arteries out of our heart and replacing them. We would rather do that and be in Intensive Care for a week and a half and have a keloid scar from our throat down to our bellybutton.

If that isn't horrible enough, there's severe pain when you come out of the operation. They've cut your rib cage in half.

And, as Americans, we would rather do that, knowing that in ten years maximum we're going to be right back in the same place and knowing that every other artery in our body is still clogged. We'd rather do that than change our diet. I don't believe that.

My experience has been that the average American *would rather* change their diet and their ways. The American Heart Association has to be working hand-in-hand with the surgeons and medical doctors. They love each other.

Heart poultices for clogged arteries.

BISER: *When patients had severe clogged arteries, what did you do?*

SCHULZE: We did the castor oil packs right over the center of the sternum.

The best place is about a steering-wheel size castor oil poultice right over the center of your chest.

There is a part where two lower ribs come to the center. There is a little piece of cartilage called the xiphoid process. You can start it about an inch below that and take it almost right up to above your breast. And put it in that whole area around the breast bone.

And then you can also work with fomentations in that area, of cayenne and ginger. Depending on the persons pilot light, you've got to be careful, because that is pretty fiery. What is even a little stronger is you can do the hot, really hot, water there in the shower, and then turn it down to the cold right over that area.

I've had people do all three of these, especially the cayenne and ginger fomentation; also the hot and cold and have it relieve their angina immediately at the same time that you are doing the cayenne.

"When I was ill with heart disease, I took five or six tablespoons of extra hot cayenne pepper a day."

BISER: *How much cayenne? What kind?*

SCHULZE: At least two capsules, that would be minimum but I like a level teaspoon. I prefer three to six teaspoons a day of cayenne pepper. The cayenne pepper, as I said earlier, should be at least 100,000 H.U. By comparison, the stuff in the healthfood stores is only 40,000 H.U.

You take that internally, and then apply some cayenne and ginger fomentation.

BISER: *How much on the fomentation? How strong is it?*

SCHULZE: Into 2 quarts of water, you would put a couple of heaping tablespoons of cayenne pepper, and a couple of heaping tablespoons of fresh, grated ginger. That will do the trick.

BISER: *You said in some cases you even used mustard?*

SCHULZE: Yes, mustard is quite a famous plaster, but it's just not as available to a lot of people now. A lot of the mustard today is... it's very interesting, the American mustard you taste has very little to it. Come over to Europe, and the French and English mustard is very strong.

Our seeds are hybridized, so they are wimpy mustard. Mustard in World War I was used to kill people. It's a very strong plant.

BISER: *So, in other words, if they are going to get mustard, they need to get the strong stuff.*

SCHULZE: Yes. You want some good strong mustard.

BISER: *What does it do, provide heat to that area?*

SCHULZE: It's the same thing as the cayenne and the ginger. It's a counter-irritant. It goes into the pores, it warms; it burns and it brings blood; it moves the blood, especially if you have congestive heart failure.

BISER: *So this goes right in if they have clogged coronary arteries*

SCHULZE: Absolutely, it goes right in.

BISER: *Would they do it once a day, twice a day... depends how bad?*

SCHULZE: Once or twice a day, depending on the severity. And it's really offered a lot of help to some of my patients. You can feel it right away, if you have angina. You take the cayenne internally and then put the poultice on. If you have angina pains, they will go right away.

BISER: *Do you remember any really bad heart cases where you used this?*

SCHULZE: Yes, I've had a lot of people who were pretty immobile, in wheelchairs. They couldn't do much — but anybody can take the fomentation. Anybody can take the castor oil pack. And then use the cayenne, internally. Then when they are up to it, they can go to the hot and cold.

BISER: *How bad were some of the cases? How bad were their hearts?*

SCHULZE: I've had people sent to me who were told they had eighty and ninety percent artery closure. And this was from their doctors.

They don't even do angioplasty with that much blockage because it's so much closure. If it were less, they would go in and either use the balloon device, or sometimes they escape with an angioplasty. But when it's that bad, it's cardiac bypass surgery. Doctors don't even fool around with it anymore. They just cut out the coronary artery.

BISER: *If it's that bad, what is it like for the patient? What is their life like when it's that bad?*

SCHULZE: Usually they have a horrible lack of circulation in their extremities. Cold hands and feet, probably have varicose veins in various areas. They might have pain in their extremities from the lack of blood flow. Other symptoms were gangrene, lung and kidney failure, and being mentally delirious.

BISER: *But when it's 80-90% blockage, are they getting edema from a lack of blood flow?*

SCHULZE: Yes, they are. There is not enough blood going to the kidneys, so they usually have swelling. I had a lot of people like that with very swollen ankles — swollen from their calf down to their heel. There is no indentation. In other words, it looks as big as the calf all the way down.

BISER: *The only thing they give them medically is what? Digitalis?*

SCHULZE: Yes, usually they don't do much. It depends. If they have a regular heartbeat, they will give them beta blockers. Nowadays, they are giving beta blockers even for hypertension.

They will give some diuretics, hopefully that helps. But they, pretty much, schedule them for cutting, because even though it's been proven that in the coronary arteries the plaque reverses, and although doctors acknowledge that, they really don't believe that the patient's body is capable of doing it.

BISER: *Have you ever, in your career, talked to a cardiologist on the golf course or anywhere and told them what you were doing?*

SCHULZE: Absolutely. I'll put it this way: I had a patient in my office, I think I might have told you this, who had two heart attacks, and he was wealthy. He went to five top cardiologists in Los Angeles at Cedar Sinai, St. John's, UCLA and USC and Kaiser-Permanente.

He sat in my office and I said, "What did they tell you, any of them, about your diet?" And he looked at his wife, and she looked back

at him and she goes, "They didn't say nothing." This is five top cardiac specialists. This guy has had two heart attacks, and he has severe artery blockage, and nobody suggested a dietary change. I find this shocking. That just goes to show you how much into the cut-and-replace syndrome they are.

BISER: *Has any doctor ever told you, "This is nuts, what you are doing?" Or do they say, "It's good stuff, but we can't do it?"*

SCHULZE: No, they do acknowledge it. Almost every medical doctor in medical school learns about a contrast bath, which is the application of hot and cold to increase circulation — which reduces swelling and congestion.

And they are taught this, but it's the history of medicine. Even most orthopedic doctors around ten-fifteen years ago would suggest for all types of injuries, a contrast bath. But you never hear about it today.

Nowadays, it's like, "Why fool around when you can put Mr. Jones in the hospital for two weeks, throw him in intensive care, strip the veins out of his leg, cut his coronary arteries out and sew them in. And then he is back in action."

So those people are told to have new plumbing and go off and enjoy their lives all over again. Of course, they are not told that the best they are going to get is ten years, and also about all the other arteries that are clogged in their body that nothing was done about. These people are ready to explode.

When I tell this to cardiologists, I haven't had much of a scream as you would get, say, from an internist talking about diverticulitis or something. Cardiologists are usually pretty open to it and they go, "Well sure, if people would eat better..." They have no argument.

They even say today that most cardiologists don't have any argument that you can remove the plaque. About half of them I talk to are, like, "Oh yea, but that's an extreme situation." What *they* consider extreme (dietary changes) is what we consider normal. What *we* consider extreme (cardiac by-pass surgery) — they think is no big deal.

BISER: *seems like they just don't get it.*

SCHULZE: Absolutely. What is unfortunate is that they think the average American is an absolute wimp.

BISER: *They think we prefer to be diced up like Chinese food?*

SCHULZE: My feeling is, "Let's, at least, give the people the choice." Doctors say there is nothing that can be done.

They go, "Let's just cut them out." They don't say, "Well, if you went on a vegetarian food program for thirty days, your cholesterol level and blood pressure would normalize. It would take the pressure off the system, and then if you used some cayenne pepper and fomentations and began on an exercise program and became a loving person..."

I find that most cardiologists I talk to don't discount this anymore. Especially after Dr. Dean Ornish blew the lid off. So they can't say it's not true anymore. Especially after the American Heart Association won't put their little heart on a menu anymore next to anything that is animal products. It's just that they don't give the patient the option.

"Juice-fasting is excellent for people with clogged arteries."

BISER: *Have you ever had people with the heart disease so bad, the family didn't think they were going to make it?*

SCHULZE: Yes. I even had one man where the doctors didn't even want to do the by-pass surgery. They said that he had to get stronger before they

would do the surgery. And he was a bit puzzled as to how he was supposed to do that. And that is where this type of work is beneficial. The first thing, the absolute first aspect is, "Stop eating all animals."

You've got to thin your blood and reduce your cholesterol level. Juice-fasting is excellent for people with heart problems. It takes all the pressure off. Even a full stomach puts pressure on the heart. And you don't need pressure anymore. So juice-fasting is amazing. It's amazing what you will see in a heart patient two weeks after juice-fasting.

BISER: *What do you see?*

SCHULZE: Reduction of blood pressure, reductions of blood cholesterol levels, the blood is thinner and easier to pump, and they have more energy. You have a totally transformed person.

A fireman saved from congestive heart failure.

BISER: *As you mentioned on the videotapes, this fireman was near imminent death when he came to you.*

SCHULZE: Yes. And he took longer to recover. I'm going to say it was about a year before he was back up to full-on exercise. You know, he had been debilitated for some time. I think probably 10 years prior to my seeing him, he hadn't moved his body much.

He was a fireman, but he was very overweight. He lived on a diet of... just horrible food, junk food, white bread, refined flours, lots of meat. And he - was, I'm going to say, 100 lbs. overweight.

And so we got him on the juices, and he lost some weight there. I'd say that 50% of his turnaround came in the first month or two on juice-fasting and a lot of garlic, cayenne and hawthorn.

And then I think the other 50% came in the second six months with his aerobic exercise and his workouts. At first, we thinned his blood, cleaned his arteries, got him stabilized, and actually in really good shape.

But then, once he started being able to get up and move around without blood pressure episodes and all of that, and started exercising, that's when he started really building his strength up.

BISER: *But he was your typical congestive heart failure case?*

SCHULZE: Oh, God, yeah. He was dead. He had so much cholesterol in his body, too. It was coming out his eyes. I could see yellow— the snotty yellow hunks coming out the corner of his eyes. It was actually coming out his tear ducts — fat.

BISER: *That happens?*

SCHULZE: Oh, yeah, it was disgusting.

BISER: *But the medical label for him was congestive heart failure?*

SCHULZE: Yeah, congestive heart failure, although he had high blood pressure, high cholesterol level, all of that. His kidneys were not at 100% and probably never were.

So, the kidney-stimulating was helpful to thin his blood and to also get his kidneys working more. A lot of times, with congestive heart failure, you don't even have a heart that's that bad, but you have kidneys that aren't working.

You need tremendous quantities of fluids to thin the blood. Most doctors use diuretics to get rid of fluid, but the patients actually need plenty more fluids to flush the body out. Starving the patient of fluids endangers the person.

BISER: *This is exactly what R Batmanghelidj, M.D. says. He says that the body hoards water when it is dehydrated To get rid of the edema, the patients need*

plenty of fresh water, with 1/4 to 1/2 teaspoon of natural salt for each 8 glasses of water drunk. Readers who need more information on this can get Dr. Batmanghelidj's book, "Your Body's Many Cries for Water, \$14.95 plus \$3 shipping, from Global Health Solutions, P.O. Box 3189, Falls Church, 22043.

"Today, the quality of hawthorn preparations stinks. The dosages are so small they're useless. I use five times as much as anyone else —just to start—but my patients lived."

BISER: *How much hawthorn did you eat when you had your own case?*

SCHULZE: A lot. I was having 6 cups of tea — a strong decoction every day. I used it in a tea form.

BISER: *What do you mean, decoction?*

SCHULZE: I boiled it. I'd let the berries sit in the water all night long, and then in the morning, bring it up to a good simmer for 15 minutes and make a real strong cup. Plus, I was eating the berries just like — I'd drink the tea, and then I'd just eat the berries, too.

BISER: *So, how much tea to how much water?*

SCHULZE: Generally, I was putting in about a quart of water and, oh, a good rounded handful of hawthorn berries, which is more than what anybody would tell you. They'll tell you a teaspoon — a rounded tablespoon maybe — to the pint.

BISER: *You just did a handful?*

SCHULZE: Yeah, I did a handful. And then I would eat the berries too. I didn't strain it. I just ate the berries too. But I would suggest that people do that. Just eat the hawthorn berries.

Now you add daily doses of cayenne to that, and you add your hawthorn berries. Hawthorn berries I look at more as, like, they are strengthening to the heart and they are protecting to the heart. The cayenne is more to deal with the circulation. The hawthorn is more of a food for the heart — but it should not be underestimated.

BISER: *Everybody in America in the herbal movement talks about hawthorn, but I don't think they are using it like you.*

SCHULZE: No. I think they are playing with it. They don't use enough. They will use a few drops of the tincture. I think some of the hawthorn tinctures out there say to use fifteen drops three times a day. That type of thing.

BISER: *And you will do what?*

SCHULZE: When anybody has a problem, I think a minimum beginning point is eight dropperfuls which would be

BISER: *Eight times thirty.*

SCHULZE: Yes, eight times thirty-three five. At least 250 drops a day, instead of this 15 drops 3 times a day.

BISER: *So they are doing 45-50 drops, and you are doing 250. And for you that is a start point. How high do you go up to in "life-or-death?"*

SCHULZE: If it's really bad, we could double that. We could go up to 500 drops a day. And I will have them take 10 strong cups or more of hawthorn tea a day in addition.

The one thing good about hawthorn is that hawthorn is a food. Cayenne is a food. You can't overdose on hawthorn because there are chemicals in it that are like flavonoids; they are like vitamins, but they happen to protect the heart muscle from damage and cause the heart to be stronger.

BISER: *Not only are they using one-fifth the dosage that you do, but their tinctures are like water, and they use commercial berries.*

SCHULZE: Absolutely. You have to make your own strong tinctures, and make them with organically grown or wildcrafted berries.

All you have to do is crack the berries in a food processor or blender, soak them overnight, put them in your blender with 80 to 100-proof vodka, blend all this into a mash, let stand in a covered jar for two weeks to two months, harvest and squeeze out on the full moon, and you have heart medicine.

Anybody with a heart problem should just order 25 pounds of hawthorn berries and use them any way and every way they can. Make a good strong tea every day with their hawthorn berries, put them in their food, put them in their smoothie drinks, learn to know that plant well. You could plant a hawthorn tree in your garden.

"Hawthorn lets your heart survive on less blood and oxygen, so if you have a severe heart disease, you're not going to have a heart attack."

BISER: *That's a good idea.*

SCHULZE: Yes, they grow well in almost every climate.

BISER: *What species would it be to grow in the garden?*

SCHULZE: The classic hawthorn is called crataegus oxyacantha.

BISER: *And they can get that plant and grow it?*

SCHULZE: Absolutely. It's all over the place. All over Europe, all over the United States. And then there are local types of hawthorn that have the same effect. If you think some of these juniper berries are bad, you should see the hawthorn berries out there.

I didn't even recognize them. The best way to describe it: Have you ever bought one of those peanuts, it's like a caramel sugar-coated peanut, it's a reddish brown with sugar on it? That is what the hawthorn berries look like that I see on the market.

A hawthorn berry should look like a holly berry, bright red and succulent and loaded with pectin. You don't even have to put pectin in it for jam. It just jams up on its own. That is what a hawthorn berry should be like. Get your hawthorn berries organically grown.

The berries grow on the western coast and all over. It's amazing, these herbs grow everywhere.

Hawthorn binds to your heart cells and makes you require less oxygen and blood. So, if you have a condition, a heart condition like blocked coronary arteries, angina pectoris, whatever, get that hawthorn in and it will buy you time.

The way I like to think of it is that it buys time for a person who's a heart risk. It lets your heart survive on less blood and oxygen; so, if you have a severe heart disease, get that hawthorn in and while you become a vegetarian, use your other herbs and clean your blood, and you're not going to have a heart attack.

Secondly, if you do have a heart attack, all tests show that your heart cells repair themselves much quicker and are less damaged when you have hawthorn in your blood stream. So it's an amazing plant. It's like milk thistle for the liver, hawthorn for the heart. Protects and repairs.

One thing that's very interesting is that it grows in many areas of the world and we used to think you only used the berries, but modern science is telling us that the leaves and properties that are heart protectors.

Hawthorn won't work if your diet is junk.

SCHULZE: People go out and enjoy themselves. Then they're shocked when they have a heart attack on hawthorn. Well, these herbs are very powerful, but they're more powerful when you add to them a healthy lifestyle and environment.

The bottom line is: if you still keep smoking 3 packs of cigarettes a day, nothing might keep you alive. So the modern herbalist is very lazy, and they don't get you to do your other homework.

Hawthorn Syrup Recipe.

Soak whole hawthorn berries in distilled water.

Use approximately 2-1/2 pounds of berries. Fill distilled water up to one inch above the berries. Put this in blender or food processor to crack the berries, then soak for a day. If you have no blender or food processor, you can put the berries in a cheesecloth, and pound with a hammer until they are crushed.

Using medium heat, bring berries and water (do not change the water, use original soaking water) up to boiling — but do not let it boil hard. Just a slow simmer for 30 minutes on low heat. Then turn off stove and let them steep for 30 minutes.

Strain hawthorn berries, saving the precious fluid. Set this fluid aside and refrigerate when cooled.

Using a blender, crush the hawthorn berries a little at-a-time. Use water (distilled) with the berries in the blender — so that, when crushed, it makes a mushy consistency.

When you've done this to the whole batch, you should have a big potful of the "mushy" hawthorn mixture. Again, bring this up to boiling point —

but, at no time let it come to a hard boil —just a simmer. Simmer on low heat for 30 minutes — then let it steep for 30 minutes.

Using the strainer, try to separate the solid pieces from the liquid (syrup). This is the hard part. It is often necessary to use a fine but strong cheesecloth bag to put this mixture in so that you can manually squeeze the juice from the solid matter. It is important to extract as much of the juice as you can from this hawthorn "mush" because this is the juice that actually makes the hawthorn syrup. I have been using an hydraulic press that comes with the Norwalk juicer. This does a fine job.

When you have all the juice extracted, combine with the strained water from the first simmering. Now measure the total volume of both batches. Let this simmer on low heat down to 1/4 of the original volume.

When mixture is down to 1/4 volume, measure again and determine the quantity of 1/4 of this volume. For example, if mixture amounts to 4 cups, then add 1/4 cup of that — one cup — of the following two ingredients: brandy and pure vegetable glycerine.

Generally speaking, the rule is, with a quart of hawthorn concentrate, you'd want to add eight ounces of vegetable glycerine. And then brandy about the same. The brandy should not be cheap brandy. It's your heart. Put in the best brandy you can afford.

This is your final hawthorn syrup! Pack in sterilized bottles and refrigerate. This syrup should keep indefinitely. Use six to twelve tablespoons per day.

Many people use hawthorn syrup as a remedy in itself. Richard Schulze only uses it as a base for a much more powerful heart tonic.

Dr. Christopher's remedy is the hawthorn berry syrup. That's very nice, but as you and I know, it's not strong enough for people in the nineties. The

bottom line is, if you or I had a heart attack, we'd want a heck of a lot more than the hawthorn berry syrup. Here is Richard Schulze's heart concentrate formula...

8 ounces Hawthorn berry syrup (as above)

1 ounce Motherwort tincture

1 ounce Ginger root tincture

1 ounce Cactus grandifloras tincture

1 ounce Cayenne pepper tincture

All the herbs we talked about, except for the hawthorn berry syrup, are tincture form. The hawthorn berry is in a syrup form.

Fill half of a two-ounce bottle with the hawthorn berry syrup. Then mix the other tinctures separately. Finally, add the mixture of tinctures to the hawthorn berry syrup, and stir together.

Dosage: Use 1 teaspoon 3 to 8 times daily.

"Very few people today know how to use cayenne pepper, and even less have any actual firsthand experience," says Dr. Richard Schulze.

"That's a shame," says Dr. Schulze, because failure to know the information in this newsletter can cost you your life."

Dr. Schulze has hundreds of case histories in which he used cayenne effectively to treat many diseases. He has used cayenne in many emergency, life threatening situations. He has used so much cayenne himself that his students, and even the great Dr. Christopher, used to call him by his nickname, "Professor Cayenne".

BISER: *How can you say that few people know how to use cayenne. There's nothing to know.' You just swallow a few capsules of the stuff.*

SCHULZE: That's where you and your readers are wrong.

There's plenty to know. First of all, your readers are using the wrong kinds of cayenne. It's too weak. Second, you don't know what forms of cayenne to use, how to administer them, how to prepare them, what dosages to use to get results, and what kinds of cases to use them in.

I didn't learn this from books. The books are useless. I learned it from people who were dying in front of me.

BISER: *What do you mean "dying in front of me"? Aren't you being a bit overdramatic?*

SCHULZE: Not at all. I have had twenty to thirty people have strokes right in my office, and I saved them long before the ambulance ever arrived. I was once waiting for a patient, a man in his 50's who had a previous heart attack, and who was just beginning my programs.

He was late, so I asked my secretary to see if he had arrived. His car was parked in the driveway and it looked as if he was sleeping in it. When she went out to wake him up and bring him in, she became hysterical. She came running in and told me he was dead.

I ran out to the car and he was beyond blue, he was slate-grey, cold, and did look dead. I saw no breathing and felt no pulse. Now, given that situation, what would your readers have done?

BISER: *I don't know, except call 911.*

SCHULZE: That's fine, but if the man is already this far gone, he'll be even worse by the time they arrive.

BISER: *So what did you do?*

SCHULZE: I put 12 whole dropperfuls of cayenne tincture into the mouth of this literally dead man.

BISER: *Isn't that way too much? Couldn't that hurt him?*

SCHULZE: Who cares if the man has a sore throat for a week afterward? If you don't do something in seconds, then he's definitely dead.

BISER: *So what happened?*

SCHULZE: His face began to turn red — before I even started CPR, and we revived him in seconds. The paramedics took him to the hospital, and later I talked with the emergency room physician.

He said that he had rarely seen a person who was so far gone, survive. And, he had never seen a person that bad, who had literally *no heart damage*. I think this can also be attributed to the fact that this man had been taking hawthorn berry concentrates, for months before he ever came to see me. Hawthorn is a known heart protectant.

Here's my point on this whole case: I gave this man 360 drops (30-40 drops per dropperful) of cayenne tincture. This is a dose no one would dream of. Everyone else wimps around with a couple of dropperfuls — and to tell you the truth, they wouldn't even know to use it at all in this situation.

Secondly, this wasn't ordinary cayenne tincture. This was tincture so powerful it makes the stuff you can buy at healthfood stores and herb suppliers look like colored water. But in this issue, I'll show your readers what no-one has ever told them about making cayenne preparations and using them.

BISER: *Have you ever known cayenne to Jail with a heart attack?*

SCHULZE: Yes. One man. I talked with his family and they had given him 3 glasses at the onset of a heart attack and he still died. But, he had a cholesterol level of around 600, hypertension, and severely blocked arteries.

Some people are so far gone. This guy needed cayenne years ago. Herbs do work miracles, but, we shouldn't expect them to. If we all took better care of ourselves, we would stand a far better chance when a serious injury or disease surfaces.

But, if there ever was a miracle herb, it is certainly cayenne!

"How I used cayenne and other herbs to save a woman who was dying of coronary collapse."

BISER: *What about circulatory disease?*

SCHULZE: I had a woman rushed into my office from an acupuncturist's office nearby. This was a number of years ago. This woman was obese and was slowly dying of congestive heart failure. She was very swollen in her ankles. They were as big around as an average person's thigh.

They had been doing some acupuncture on her ankles and various other areas of her body, and, when they took the needles out, she spurted and leaked like a water balloon with pinholes in it. They tried to stop her from leaking and they couldn't.

They brought her into my office and she had these band-aids all over her body, and two assistants were holding their fingers over the needled areas. When one of them took their finger off, she squirted water across my office.

The problem with congestive heart failure is, the heart is pumping so weakly, with such little force, it can't press the blood through the kidneys with enough force for the kidneys to remove the liquid waste. She was drowning in her own waste and fluids, from the inside.

This was a classic case for cayenne. Not only did I put cayenne tincture where she was leaking, to stop the leaks, but I put her on one teaspoon of cayenne, every other hour. In addition, I had her take one teaspoon of equal

parts of ginger root and red clover blossoms on the in-between hours, plus eat about six cloves of garlic a day. These doses were for a very sick, large lady.

Now, with everyone who has any heart or circulation problem — they must be a complete vegetarian during their program, and begin moderate exercise daily. I juice-fasted this woman, and I remember her yelling at me, "I am full of water as it is, and you want me to drink more?" And, of course, I did.

BISER: *What happened?*

SCHULZE: Oh, she got better. It took a whole year for her to be normal because she was so far gone, but, she was out of danger in only a few days.

"If you have heart disease, you should have cayenne pepper in your house, your car, your office, and your briefcase or pocketbook at all times."

BISER: *What about strokes? I've heard it helps.*

SCHULZE: I have had at least 20-30 patients over the years who have had a stroke right in my waiting room. Once I had an elderly man in my office and was giving him an iridology exam. As I was examining his eyes through a magnifying glass, I saw his blood vessels enlarge, then explode right in front of me. Then he fell to the floor with a stroke.

I gave him a mouthful of cayenne tincture, and he walked home. I have seen many patients, in the midst of a stroke, come out of it right away, by immediately giving them cayenne pepper.

BISER: *How much?*

SCHULZE: A heaping tablespoonful in a glass of warm water, or 10 dropperfuls of tincture. This is also the same treatment and dosage for someone having a heart attack.

BISER: *Is cayenne really effective for heart attacks and heart disease? I know that Dr. Christopher used to say so, but I have never really known anyone to use it.*

SCHULZE: Cayenne is most effective for heart and blood circulation problems, and for angina pectoris, palpitations, and cardiac arrhythmias. It's a miracle for congestive heart failure. It is a specific for anyone who has any type of circulatory problems, such as high or low blood pressure, elevated cholesterol, triglycerides and fats, even varicose veins.

With the heart, cayenne is great for prevention as well as for the treatment of disease. It relieves the pain of angina pectoris by helping to get more blood to the heart muscle itself.

And, if a person has a heart attack, cayenne is the surest first aid remedy. I have had almost a hundred patients actually save their lives by using a tablespoonful of cayenne pepper in a glass of warm water, or 10 dropperfuls of the tincture, and drinking it down fast. In every case, it brought the person right out of it with minimal damage, some with no damage at all.

BISER: *Have you ever known cayenne to fail with a heart attack?*

SCHULZE: Yes. One man. I talked with his family and they had given him 3 glasses at the onset of a heart attack and he still died. But, he had a cholesterol level of around 600, hypertension, and severely blocked arteries. Some people are so far gone. This guy needed cayenne years ago. Herbs do work miracles, but, we shouldn't expect them to. If we all took better care of ourselves, we would stand a far better chance when a serious injury or disease surfaces.

Advice from Dr. Schulze's teacher, Dr. John Christopher. Cayenne for massive bleeding...

A boy had accidentally shot his brother in the abdominal cavity. The bullet severed the spine and cut through the lungs and intestines.

A neighbor gave a tablespoon of cayenne to the boy. By the time she called the ambulance and sheriff, the bleeding had stopped. When the boy went into surgery, the doctor said it was one of the cleanest wounds and operations he had ever seen. Doctors said the boy would be paralyzed from the waist down. The mother gave the boy nerve formulas and the boy was completely healed. [Editor: See the chapter on nerve degeneration for Dr. Schulzes nerve formulas.]

For men who want sex again after open heart surgery — or after recovery from serious illness.

Dr. Schulzes Male Sexual Formula.

Here is the full formula:

25% Panax Ginseng Root

15% Yohimbebark

15% Damiana leaf

15% Siberian Ginseng Root

10% Sarsaparilla root

5% Saw Palmetto berry

5% Oat 'milky' seed, when it is green and immature.

5% Kola Nut

5% Ginger root.

Best results are obtained by taking the formula for three to four months. But many people out there get the change instantly. You take one to two dropperfuls, 3-4 times a day. By following all the programs, and adding this formula, Dr. Schulze saw patients who hadn't had sex in many years recover sexually, and often have better sex than when they were younger.

Chapter Thirty-two

Nervous System Degeneration

Nervous System Degeneration

Nerve disorders can be cured — but it takes total, dedicated natural programs to do it.

In this chapter, you will read about people with various nervous system diseases who were cured. Doctors may say these people were in remission, but between you and me, they were cured.

There is no wonder substance or "herb in a capsule" that will correct these disorders. And I can't believe people are so ignorant as to believe that drugs can cure these diseases, or that they ever will.

Nervous disorders are total system breakdowns. To think you can cure them with a drug is as nuts as believing that some gasoline additive can "cure" a car whose motor is worn out. If you have one of these diseases, you need a complete overhaul. You need the whole Incurables Program. Do not be tempted to pick some herbs from this chapter and try them first. Do the whole program, or don't waste everyone's time.

That means the cold sheet treatment, the hot and cold showers, the juice fasting — all of it.

First, Richard Schulze and I will go into a long discussion of the various factors that are specific to curing these diseases. Then, we will discuss several cases in detail so that you can see how these principles are applied.

"Immune abnormalities are behind a lot of neurological breakdowns."

SCHULZE: I'll give you just a little bit of background here. With all of these diseases, the cause is unknown. You'll look in any medical book and it will say 'cause unknown.' The most recent 1993-94 medical books say "neuromuscular disease. Cause unknown."

But — they all say "immune abnormalities are suggested and revealed." In other words, they're starting to look at multiple sclerosis, myasthenia gravis and what are called neuromuscular diseases as immune system diseases, and that's important.

That's one of the ways we've treated them in natural healing forever. Your average medical doctor isn't even going to know this. But medicine is just starting to say, "Yes, we're noticing under multiple sclerosis, it'll say immune abnormality is suggested".

This means they find increases of certain immune cells in the body — knowing that there's an attack. They also go on to say that the infection is probably caused by a slow, latent virus.

So, nowadays, neuromuscular diseases are being looked at more and more as immune system weakeners, also as probably viral, maybe even bacterial, maybe even parasitical in nature. We know that the immune system isn't working, and it's being attacked. And that's considered the new cause of neuromuscular diseases.

Also, the immune system may be attacking you. These are being called auto-immune diseases, such as multiple sclerosis and myasthenia gravis. Now muscular dystrophy; I think the only reason they won't say this about muscular dystrophy is because there's so much money being spent on

arch by the Muscular Dystrophy Foundation. So they say the same thing "cause unknown, no therapy". They don't talk immune system with muscular dystrophy that much yet. But, there's a few people suggesting it.

Obviously, when anybody has any neuromuscular disease, multiple sclerosis, muscular dystrophy, myasthenia gravis or others, it is the Incurables Program. That's where everybody has to start.

Two key herb formulas, and mistakes people make.

SCHULZE: Besides the Incurables Program, there are two key herb formulas. One is the nerve stimulator, which would be the oat seed, the celery seed, the skullcap, etc., what I call the nerve restore formula. [This formula is given in the chapter on strokes and head injuries.]

BISER: *Right, like a nerve builder.*

SCHULZE: Yes, the nerve builder, the nerve stimulator. It wakes up the nervous system and sends an electrical charge down there. That's the big herb formula.

The second one is the immune stimulators, because we've always used those as part of the Incurables Program. The second thing is high doses of the immune stimulator, specifically echinacea or an echinacea-immune combination, because there's some attack going on.

A lot of people make a mistake here, and use what we might call the anti-spasmodic and nervine herbs, and that's not the way to go.

BISER: *That's not the cure for these diseases?*

SCHULZE: No. In fact, that could even make them worse. People with these diseases don't need to slow down or sedate, they need to wake up their nerves and move them.

BISER: *So toe don't need valerian.... what kind of herbs are they taking?*

SCHULZE: Valerian, passionflower, hops, wood botany; your classic nervine herbs are not indicated. We want the nerve repair, and stimulators, like oats, or St. John's wort, skullcap, celery seed and kola nut. These are the nervous system stimulators.

BISER: *What are high doses for people with these kinds of disorders?*

SCHULZE: The average dose for a tincture for a normal person is one-to-two dropperfuls three times a day. In the Incurables Program. You could triple that, where we're talking about one-to-two dropperfuls nine or ten times a day.

Basically, every hour or every other hour you are awake, you are taking what would be considered a dose of tincture, one or two dropperfuls. A constant barrage of these.

"Other herbalists don't even come near the high doses necessary to cure these diseases."

BISER: *Now your other herbalists, if they heard that, would they all go blow-out some fuse?*

SCHULZE: Oh, absolutely. Even if you corner them, they'll tell you that there are no toxic doses for these herbs and you can't take too much, but all of them use minuscule dosages.

I think one of the reasons they use minuscule dosages here in this country is because of sales and costs. In other words, they're charging \$15 for this bottle of herbs, and they think that it would be too outrageous for someone to take that entire bottle in a period of one or two days.

So they set you up on a dosage that'll last for two weeks.

BISER: *That problem is in their heads. Patients don't care.*

SCHULZE: Yes, patients don't care. You know, most people who are incurable need to take a bottle every other day.

BISER: *In order for me to feel anything on your liver formula, I have to take half a bottle a day, and I know it's already strong*

SCHULZE: Exactly. Now that's what we would call a therapeutic, 'incurable' dose. The average person who has a little history of some gallbladder stuff and is doing some liver flushes, and wants to do a cleanse

of the liver, that's fine. But you are kind of like me. You want to feel some therapy right away, and you also have a long-term chronic problem that you're dealing with, so you are using a high-therapeutic dosage.

We look at it, okay, a \$15 bottle of herbs every other day or \$7 a day. My God, you could spend that in antibiotics alone. This is not a lot of money. The old-style doctors would put bottles of this stuff down people.

You know, when you look at tonics; if you bought tonics around the turn of the century, they were large bottles. They were eight-ounce bottles, and you'd use that in a week. Now, everything is in one or two ounces, and that's supposed to be for two weeks. It doesn't make any sense.

More on nerve stimulators versus nerve sedatives.

BISER: *OK. First, they're using the wrong nerve herbs, and then when they do use the right ones, they don't use enough.*

SCHULZE: Yes, most people, if they buy a nerve formula, it's going to be the nervine sedative herbs. They need to use the nerve stimulators, the nerve repairers. And a lot of times, you know, most herbal formulas that I see out there obviously aren't made by an herbalist because they just put any herb in that they think is for the nerves. It's kind of like mumbo-jumbo.

Then, the third thing to consider is B vitamins.

You know, when you look at myasthenia gravis, it says that the immune system is eating up the acetylcholine receptors. Acetylcholine is a B vitamin. It's called a neurotransmitter, and it's a B vitamin complex.

The vitamins that will absolutely reduce stress and give us more energy and make the nerves work better are the B vitamins.

The B-vitamin diseases, like beri-beri and other B vitamin diseases, were discovered because they're neuro diseases. They're diseases of the

nervous system in the brain, and they're what happens when you run out of B vitamins.

The main thing that a person with any neuromuscular disease has to remember is that they can't afford to run out of B vitamins. In fact, they should have two or three times the B vitamins in their system at all times, so their body can draw on whatever it needs.

BISER: *But you don't mean pills?*

SCHULZE: No. Never. What you want to use is food. Dr. Jensen used rice-bran syrup; and old-time doctors used to use molasses, a high-B vitamin liquid. And they're good, but they're also very sugary. They're sugar-sweet, and sugar is not a good food for the nervous system.

In fact, it can be detrimental. So that's why, for years, I've been using nutritional yeast, and I have seen unbelievable changes in people with multiple sclerosis and muscular dystrophy on this food.

It actually makes their speech better and makes their twitches go away. I can't underplay the nutritional aspect of this, too. A lot of these people, because of the stress they're under, when you put B vitamins into their system from a natural source, I've seen where it's almost gone away.

"Oh, I've had patients who have had numerous diseases for ten or twelve years take three or four doses of that superfood mixture I gave you the recipe for, and they're 80% better in a couple of days, just by getting the food they need."

SCHULZE: Nutritional yeast is a single-cell plant, which means that it goes into your blood stream predigested. Spirulina is the highest source of natural vitamin B12 on the market. There's no higher source of B-12, and the second highest is nutritional yeast; that's why I use them both.

They both go into your body before they even hit your stomach, because they're single-cell plants, which means you don't have to digest them. It's just like whales sucking plankton; they don't have to digest it. It just goes right into their blood stream. So this is a key factor.

A lot of people who have these diseases just don't have good digestion. The cranial and thoracic nerves are affected and these are the nerves that affect the digestion. So if they take a B vitamin tablet, they're just going to poop it right back out.

BISER: *The old-time herbalists had rice syrup and molasses, and that was it?*

SCHULZE: Yes, that's what they used. And I'll tell **you**, it's really good, but you've got to consume a lot of it.

BISER: *I remember Dr. Henry Bieler, the old healer, used to use baking yeast for people.*

SCHULZE: Yes, and it works. The only problem is, you know, in the 60's you'd go in the health food stores and they called it Brewer's yeast. And that is the yeast people make beer from. It's very high in B vitamins but, of course, it can also give you diarrhea.

Theoretically, if you have Candida, it can affect you adversely. Now, an interesting side-note is that in Europe, they think that it cures candida. In this country, they think it's the death food. I tend to believe the Europeans. You go to Germany and they believe that the live yeast is very healthy in building up your system. I think they're right.

BISER: *You think that the old-time healers used to use yeast, even before they knew about B vitamins?*

SCHULZE: Oh yes, they used to use Brewers or baking yeast. And the only problem is because it's live, it can give you the bloats. I mean, you take a good dose of brewer's yeast, and the next thing you know, you have to take your belt

off. But, nowadays, they make specific yeast, just for nutritional consumption, that is non-fermenting.

Healing results from nutritional yeast.

BISER: *So you've seen results, in how long did you say?*

SCHULZE: A day. Twenty four hours. I mean, it's unbelievable. Take myasthenia gravis, for instance. The immune system is eating up die acetylcholine. The acetylcholine is the nerve transmitter. A nerve can't fire without it.

It's like the gasoline for your nervous system. Acetylcholine is also called a B-vitamin complex nutrient. In other words, it's in rice bran syrup, molasses, and very high in the new nutritional yeast. You give that to a person with myasthenia gravis, and the nerves are going to fire.

It's unbelievable how fast you can get a response. Immediately, in 12 to 24 hours. I've seen people improve from 80% all the way to 100%, to where they didn't even know they had the disease anymore.

BISER: *What kinds of diseases?*

SCHULZE: Myasthenia gravis and multiple sclerosis. Again, when I say B-vitamins, I'm never talking about vitamin tablets. It's unfortunate, because vitamins got a bad name. That's why I call it super-food. That's not vitamins. It's super-food.

BISER: *What you're talking about is bringing back another neglected form of healing?*

SCHULZE: Sure, and molasses is a very old form. You know, what they would do in India? They would take sugar cane, they juiced that on the street corner and you'd drink sugar cane juice. You're not only drinking sugar, but you're drinking the highest sources of B vitamins. Ok, that's a B vitamin blast.

But then what they do is, they manufacture it and take out the B vitamins and make refined sugar.

So, cane was used. I remember when I was a kid, my mother used to give me a dose of molasses for B vitamins. This is what the old healers used, molasses and even sugar cane, sugar beets, high B-vitamin foods, even yeast. European tradition was to use lots of yeast. They would give you all types of yeast products. (*See Chapter Two on the Basic Incurables Program,*)

Bowel cleansing and neuromuscular disease—it causes dramatic healings.

BISER: *What's the next thing on your list that they need to do?*

SCHULZE: The key a lot of people forget, and I have seen dramatic results with this, is cleaning out the bowels.

You know, it's part of the Incurables, but a lot of people think that cleansing the bowels is too messy for people who are crippled. They can't walk very quickly, so they all originally resist cleaning out their bowels. They say, "If I have to go, I won't be able to get to the bathroom in time." OK, who cares? I couldn't care less. I mean, that's not my worry.

BISER: *So go to a bed pan!*

SCHULZE: Absolutely. But I've heard this from the relatives, and from the patients themselves. The ones who have worked on their bowels, with intestinal #1 and intestinal #2. It's part of the Incurables Program. The people who have done that have, absolutely, seen results.

In fact, I've seen these people get better just after getting their bowel good and cleaned out. I mean, a week of good strong bowel cleansing where they're using a whole bottle of the #2.

I've seen one group of people who have the various diseases respond just from that.

When you put these all together, the nerve stimulators, the B vitamins and the bowel cleansing, and the Incurables, the results are staggering. But you can't listen to the patients complaining about how hard the program is. I'm a butt-kicker and proud of it.

You know, these old German and European nature cure doctors didn't take no for an answer. Nowadays, everyone's responding to the patient's whining.

The untold story: constipation and nerve diseases.

BISER: *So the whining determines the treatment?*

SCHULZE: Oh God, I hear this all the time from people with neuromuscular disease. "If I use the bowel cleansers, I might not make it to the bathroom." You know what happens? If they poop in their pants, who cares? Clean it. It'll give them something to do. It's part of the program. You've got to get this bowel cleaned out. And I'll tell you something. I had a couple of people with cases of multiple sclerosis, who couldn't even walk. When they cleaned their bowels out for a week, my God, the stuff that came out of them was E-N-O-R-M-O-U-S.

A lot of these diseases, like multiple sclerosis, affect the pelvic girdle. In other words, these people don't walk well because the pelvis gets a little frozen. The nerves going to the pelvis are being eaten up. Well, my God, those are the nerves that are making the peristaltic action also; so these people become very constipated, and who's to say which comes first, the chicken or the egg? Which came first, the constipation or the neuromuscular disease?

In fact, the fecal matter can press on those nerves. You get that bowel cleaned out, and that alone improves them, I would say, 50-75% in a week.

BISER: *Now, when you say cleaned out for those kinds of people, are you talking 8 ounces of intestinal formula #2,*

SCHULZE: Well, I would say for a start, working up to whatever their dosage is with intestinal #1. Then, at least 8 ounces of the #2 formula in five days, or a pound in ten days.

BISER: *What about someone who is really dedicated. They don't want to screw around?*

SCHULZE: Oh, like last night, myself. I took my one evening dose. I took a couple of tablespoons, and my stomach hurt a little bit. I mean, I'm like you. But that's about it, I mean that's a lot. If a person will do at least a couple of ounces per day, it's a good dose.

Bodywork and neuromuscular diseases.

SCHULZE: One of the classic things for neuromuscular problems was Swedish massage. That was in the beginning. But everybody knew this. John Harvey Kellogg used massages and skin brushing for neuro-muscular diseases; and all the clinics in Europe used bodywork and hydrotherapy to stimulate that nerve circulation.

BISER: *But over here, they don't even touch bodies?*

SCHULZE: Oh God, they just let you lie in a bed. You know, I've been in health spas in Europe, where they put you in a steam room for all your pores to open, like a Turkish sauna, and then whip you with stinging nettles. You know, most people who have brushed with stinging nettles, it burns so much it'll make you cry. They open your pores and they whip you with stinging nettles.

BISER: *What, does it make you bleed?*

SCHULZE: No, but it feels like a burn over your whole body. It doesn't do any damage, but it would be kind of like going into a Turkish bath, and then going into a hot cayenne bath.

BISER: *Everybody here is kind of wimpish. They r thinking of potential lawsuits.*

SCHULZE: No, no. I'm not talking about having someone smear oil on your body. No, we're talking about someone purging the lymph, moving the blood. Imagine...we used to have the idea that a Swedish massage was a 300-lb lady, who would throw you on a table and beat the hell out of you. That was what a Swedish massage *used* to mean.

BISER: *Of course, today, what does a Swedish massage mean?*

SCHULZE: Today, a Swedish massage means putting oil on your body and rubbing it around. It's a treatment for nurturing the skin.

BISER: *What did it used to be?*

SCHULZE: It used to be like World Wrestling Federation. They'd throw you in the ring with the Incredible Hulk. I mean, that's what you felt like. You felt good when it was done because they had stopped. That's what bodywork used to be.

They also skin-brushed. In Turkey, they'd put you on a marble slab, throw a bucket of hot water over you and scrub you with a brush that looked like it would take gum off of a tile floor. I mean, they're not fooling around; they're taking the top of your skin off, but they're also moving your lymph and your blood. So, hydrotherapy and massage is a very necessary part of this.

BISER: *It looks as though we've abandoned almost all of the old-world views.*

SCHULZE: Oh God, yes. I've been to some of these clinics, and I've seen them dropping ice water from 30 feet above the room, and seen the pressure of that. I mean, they're not fooling around.

BISER: *It looks as if we've got wimpy treatments everywhere!*

SCHULZE: Oh, all across the board. You know, one of my good friends is an OB/GYN and he says that whenever he delivers, the first thought on his mind is, "Am I going to be sued?" So it's rampant, not only in medicine, but even among alternative practitioners.

All herbalists in our country focus on how to be good little boys and girls. The good body workers I know are all underground.

BISER: *But this is the kind of person who our readers have to seek out when they're that sick?*

SCHULZE: You know, it's not someone who comes and puts an amethyst crystal near your ear, and puts some nicely scented oil on your body, and smears it around as a good emollient for your skin. This is relaxing, even beneficial, but not therapeutic.

We go through massage therapists here like water. We're just: next, next, next, and try to find anyone who's even mildly acceptable. So, that's the next key. These people need to get their muscles working.

Excess stress and neuromuscular diseases.

SCHULZE: And the final thing is, these people need to reduce their stress. This is probably one of the major factors in getting their diseases.

BISER: *But as soon as they hear this, they're going to say "I know that"*

SCHULZE: They can say they know that — but they don't know how to do it. I think anybody with these diseases doesn't even know the meaning of relaxation. This is one thing we've seen across the board; they don't know how to relax. And they say, "Oh, I used to play golf" Golf is not relaxation. You don't know relaxation, Sam, and neither do I. When I go on vacation, we go down to Costa Rica. We go down to the ocean. We're in the middle of nowhere and my wife pulls all her clothes off

and lays in the sand for eight hours where the waves break. Can you do that? I can't do that. I can't do that for 15 minutes.

These neuromuscular people, they don't know the meaning of it. So when I say they're going to have to work on it for the rest of their lives, they really have to *work* on relaxation. In other words, doing nothing. Having some meditation, or some time when they absolutely chill out and stop.

BISER: *It's not a cliché, they really are stressed-out?*

SCHULZE: Oh, it's unbelievable. Even if they seem relaxed, you don't know what's going on inside, their inner dialogue...what's happening there. I've found that all my people with neuromuscular diseases are over stressed, just absolutely over stressed. They're the type of person who would usually try to do too much, take on too many commitments, that type of thing.

So, these are some of the things across the board.. and a lot of people say, "Oh yeah, I know, I know, clean out the bowel." But yet, when you tell these people to clean out die bowel, they don't want to.

BISER: *What happens when you tell them they've got to calm down the stress?*

SCHULZE: When you say that to a person with a neuromuscular disease, it's like trying to describe the color purple to a blind person who's never seen. There's nothing there.

So, just telling them that won't do it. You have to give them specifics. You have to give them little projects to do, that type of thing, as I described on the videotapes.

Those are just some of the general things that I wanted to tell about. I know that these are all part of the Incurables, but I wanted to accentuate them with the neuromuscular diseases.

Dr. Schulze uses full-spectrum programs once practiced by Dr. Jensen and Dr. Christopher, but which are not done today.

SCHULZE: The biggest thing I learned from Dr. Christopher and Dr. Jensen is that their approach is what we could call full-spectrum. Everybody else I studied from, said, "For this disease you do this, and for this disease you do this."

But with Dr. Jensen and Dr. Christopher, it was like a Claymore mine blew off. I mean, it wiped out everything. Everything from one end to the next.

You had tubes going in your butt, juices going in your mouth, skin brushing; and this is why it works. All these things people might say, "Well gosh, I've done that." But they've never done it all at once and in the dosages we suggest.

These programs work, without a doubt, but you know what you find? Half-way towards doing all of these things, and at this intensity, the person or the practitioner will wimp out.

And only the boldest practitioners and the gutsiest patients will take it the other 50%; and the next thing you know, they're well.

BISER: *At what point do they wimp out? What causes them to wimp out?*

SCHULZE: I would say most of them right at the beginning (laugh), before they have to do anything. I mean, it's horrifying, it's so quick. I find that one of the hard parts is bowel cleaning. Because some of these people have already lost feeling in their bowel.

Now, you think that would have been a sign because they go, "Well gosh, I don't know when I have to have a bowel movement, and I've almost had accidents." And so they go, "I don't want to do anything that's going to

increase that." And that's their biggest gripe, and what you've got to do, you've got to get that bowel cleaned out.

A woman with myasthenia gravis is cured.

SCHULZE: When she came to me, she had noticed that her vision was blurring, her coordination was off, and she was starting to notice her facial muscles drooping, and she had a problem with swallowing.

She went to the medical doctors and after a couple of diagnoses, they finally diagnosed her with myasthenia gravis, which is basically a neuromuscular disease.

BISER: *And it gets hard to swallow?*

SCHULZE: Yes. In fact, what it is, it's a multiple sclerosis, but it only affects the face and the nerves for the eye. From the eye to the throat to the face. So, the person starts going blind.

They said she would eventually go blind. She was already seeing so double that she couldn't even walk. By the time I saw her, her vision had doubled, and the doctor had even made these special glasses for her that were supposed to correct that, and they didn't work.

BISER: *Would you say they could breathe? Do they choke to death?*

SCHULZE: She was having problems breathing, problems swallowing and her facial muscles were drooping. In other words, they just hang, so her face looked pretty distorted. And the doctors basically said she had an auto-immune neuromuscular disease, myasthenia gravis.

It was going to kill her. She was going to go blind and eventually choke or suffocate to death, but they could prolong it by taking out her thymus. And of course, your thymus is one of your main immune organs. It's where your T-cells are "educated" by the body.

At that point, the patient and her family were totally horrified. That's when they walked into my office. We did all the things that I talked to you about. I think in two days her father called me and said they had a miracle.

And one thing I find is that these diseases usually have an initial response that is quite dramatic. Because the body is really starving to death for the B vitamins, for the immune system to be stimulated, and for the nerve stimulators. In two days her vision had normalized, and they said, for all intents and purposes, most signs of the disease were gone.

They couldn't believe it, because the doctors had said again and again and again, "You're going to die. We'll take your thymus out, but you're going to go blind and choke to death or stop breathing." You know, the classic medical nightmare.

She had some ups and down after that. They kept worrying about going back to the doctor, and they'd go back to the doctor and he said, "Oh, it's normal to have positive lapses", and he said, "This will go away, and you'll get worse". And as soon as he said that, it did! You know what I'm saying? He scared her into getting worse.

They would come back here, and I would get her better again, but the long and short of it is, it was an uphill climb, and I would say in a matter of three or four months, ending about last Christmas, she was cured.

BISER: *What did she say when she was cured? What did she tell you?*

SCHULZE: Just absolutely amazed, but really I had to talk to her. One thing I have to do with neuromuscular disorders, is really counsel the people on not going back to their old way of life. Because I am convinced.. .you know what they'd call this in the old days?

BISER: *No.*

SCHULZE: A nervous breakdown. It's exactly what myasthenia gravis and all multiple sclerosis is. It's a nervous breakdown.

BISER: *I think that's what Richard Pryor got — a nervous breakdown.*

SCHULZE: That's right. Absolutely. It's too much stress. I have to tell these people they have to learn how to say the word "No". Cut their commitments down. These are the types of people that you'll call, "Can you help me out?" And they go, "Yeah", even though they don't have any time in their life; it's overloaded. I have to talk to these people about that, and reducing their stress. I mean, it's absolutely a gigantic factor.

But I have had many other cases of myasthenia gravis, and the worse thing, of course, a person can do, I mean imagine, is have a thymusectomy. The standard medical procedure for myasthenia gravis is to remove the thymus glands, which are a major immune component. Once the person has those glands removed, they no longer have the immune strength they used to. It's just a nightmare.

I've had numerous people come to me with myasthenia gravis who have recovered, but it's that classic old situation. You reverse what you've done to make yourself sick, and you get in your new programs and you get better.

Negative beliefs from doctors have killed many.

SCHULZE: When they tell someone, you know, "This is it," people believe them. And especially when the doctor says you have multiple sclerosis. All that does is make you weaker.

And, I've had many patients come to me who couldn't get beyond that doctor's death sentence.

BISER: *You mean, you couldn't get them better?*

SCHULZE: No. They just didn't believe they could get better. Every visit they'd go, "But I can't believe I can get better." And if you can't believe it, you won't. Nothing will happen, if you don't believe it.

BISER: *So, were they doing the program or just a little?*

SCHULZE: No, not really.

BISER: *Because they believed they couldn't.*

SCHULZE: They believed they couldn't. They believed it was a waste of time. So why would anybody have, say, the energy to do the Incurables, if they believed that it isn't going to work. Who's going to go with all that bother? I would say that some of my worst belief patients were ones with neuromuscular disease.

On the other hand, there are the dedicated ones who get well. There are those who have walked in the doors, limping on one leg and waddling, and hardly able to get up the steps. I used to watch one guy park his car a half-hour early. And you know how short it is from the street to my clinic.

BISER: *It's nothing!*

SCHULZE: Half an hour, it took him. I'd see him park, and I'd see him straining, and I didn't go out and help him. These people have to be ready to kick their own butt, if they want to get better. I would watch and it would take him a half hour to get to my door. And then another five minutes to get into my bathroom. That's the first thing he'd have to do is get to the bathroom.

But he believed. Because he was going to another healer who had helped him to a degree, and they said that I had helped people totally recover from multiple sclerosis. And he believed it, and he worked his butt off, and he did everything that we said, and of course, the bowel movements were a problem. You can imagine, it takes people like this ten minutes to get to the

bathroom. They're afraid that if they clean out their bowels, they won't make it in time. Who cares! This is the point that they have to get to and he got to that point. And he had a few accidents. OK, what's so bad about that?

BISER: *He bad MS, right?*

SCHULZE: Yes. You haven't lived till you've pooped in your pants a few times. My God, we're talking about getting healed from multiple sclerosis here. So you have a few bowel movements in your pants. If that's the worst-case scenario, my God. So he did! He pooped in the bed a few times, and pooped in his pants a few times.

But the first thing that he started noticing was that his gait got better. He could walk up to the house.

Anybody who has muscular dystrophy or multiple sclerosis or myasthenia gravis, or any neuromuscular disease has to realize they've had a nervous breakdown. Literally, their nervous system has broken down. It's not transmitting. These are called diseases of neuromuscular transmission. OK. So they've had a nervous breakdown. The circuit breakers have popped up. They're not transmitting positive nerve force to their nervous system, so they need to reduce their stress.

But that doesn't mean not doing anything or not moving. They need to reduce their stress level dramatically, but they also need to keep moving. They need to keep moving their body. Even though they walk funny, keep walking. Even though they can't see well, keep reading and focusing.

BISER: *Just don't compete, though.*

SCHULZE: Yes, exactly. There's a big difference there. A lot of my neuromuscular disease people got there because of too much competition. Whether it was in school or taking too many courses. You know, I've had people come to me because they are taking a year and a half's worth of

college in a year, trying to graduate early. A lot of these people, across the board, have had tremendous family stress, job stress, and school stress put on them.

I see more and more college-age people with these diseases than ever before in history. And it's because, I think, college students today have more stress on them than ever. All students do! My God, they do testing in the first grade now.

We never had tests in the first grade. We just tried not to poop on ourselves or throw up too much. Nowadays, they're having tests in the first grade, so, all the way across I think we're destroying the youth of our country because of so much stress and pressure.

And I think it's one of the reasons why we're having so many nervous breakdowns and neurological diseases than ever before.

BISER: *OK. What do you use more on these people, the nerve regenerator formula or the B & B tincture of Dr. Christopher?*

SCHULZE: The nerve stimulating formula. The B & B's kind of a strange formula. You know, I used a lot of it when Dr. Christopher was alive; but you know, he's been dead now for thirteen years, and I would say that the knowledge of nervine herbs has grown considerably.

And in the B & B he had black and blue cohosh, which are definitely anti-spasmodic herbs, and he had lobelia which is definitely an antispasmodic herb, and then he had skullcap which is kind of a nerve-stimulating herb. So it was a mixture going in both directions.

The B & B is still an OK formula, but I would put that in the anti-spasmodic category. So I look at that as a better formula for people with epilepsy.

When I look at people with multiple sclerosis, muscular dystrophy, myasthenia gravis, and neural transmission diseases, I look more at the nerve

stimulators. I think these people would even do better with a cup of coffee, which is a great nerve stimulating herb.

Herbs with caffeine can help these diseases.

BISER: *Yes, my wife Sandy has found that if she has, like, a small cup once a day, overall, she's better.*

SCHULZE: Yes, it's a great tonic. It's kind of like echinacea. You want to take a break from it. You don't want to be on it every day for the rest of your life. You want to take some weeks off, here and there.

But there's no doubt about it, it's a tonic. Cocaine is a tonic, used by the Indians. They chew the coca leaves. Kava Kava in the South Pacific, is a tonic. These are herbs that stimulate our nervous system and they're good.

Especially important for Sandy is to use coffee along with the B vitamins. The worst case scenario is to have it stimulate your nervous system, but not have the food it needs. But if she's piling in the super-food recipe and then has a cup of coffee every once in a while, that's a good nervous system stimulant routine. And there's nothing wrong with that at all. It's when people have ten cups a day that we get problems.

BISER: *Have you ever had the people on the nerve breakdowns have a little coffee?*

SCHULZE: No, but I have them use the caffeine herbs that are in the nerve stimulator formula.

BISER: *How are they using the nerve formula. In the ear?*

SCHULZE: No, just internally. Now, with myasthenia gravis, yes, then I go on the face and in the ear. But with the others, muscular dystrophy, multiple sclerosis, just internally is fine.

BISER: *Do they do any compresses of nerve herbs?*

SCHULZE: No, not unless they have a real localized area, but many times the MD and MS people don't have an area that you can put your finger on and say, "It's right here."

You know, it's just an overall muscular problem, just over their whole body. Sometimes if it's localized around the hips, or the knees, or the shoulders, (it seems to be those three areas), then you can work specifically on those areas. If you can find a place you can put your finger on, then you can apply it.

BISER: *If you can find a place, what do you do with it*

SCHULZE: Well, they can use the nerve stimulators right on that area.

BISER: *And if they didn't have one herb, they can use another?*

SCHULZE: Oh, absolutely. And the hot and cold applications right on that area. And then bodywork.

BISER: *Does castor oil have any effect on these people?*

SCHULZE: I always use castor oil as an external fomentation. It's one of the greatest, so why not? Then bodywork, too. These people really respond well to bodywork and exercise. They are two very important parts of the program. With a lot of people, the minute that body starts shaking, they stop exercising, which is the worst thing they could do.

BISER: *So, this guy got better?*

SCHULZE: Oh, absolutely. Occasionally, he has a little, kind of a set-back. But I think it's more emotional than physical. But, he's done 10 kilometer races here in Los Angeles.

I'm going to say he is 48 or 49 years old. It started when he was about 40 years of age, and he never knew what was going on for about the first year, until he was diagnosed. He's doing great.

Muscular dystrophy.

SCHULZE: The other disease in the group would be muscular dystrophy, which is again a progressive muscular disease. This one has less known about it than anything. There's no known cause, no known therapy, and they just lump people into this category.

I have had probably more people with muscular dystrophy come here than multiple sclerosis and myasthenia gravis put together. It's the biggest group.

If you have any senility these days, you get lumped into Alzheimer's disease. This is a big group of people. They're all very different. I would highly suggest that people, if they get diagnosed with this, to ignore the diagnosis. It's just that they're lumping everybody into this group of muscular disorders.

BISER: *And they just need the Incurables Program ?*

SCHULZE: That's right. Absolutely. Because I've had so many different people with muscular dystrophy over the years.

BISER: *Were you able to cure them or just help them?*

SCHULZE: Well, you know, it goes away. They don't have any symptoms of the disease anymore.

I was teaching a course for a couple of days and there was a woman who came up there to get healed with muscular dystrophy. I had her walking better in 24 hours, because I told her what a bunch of sh~ it was. And she was feeling better and walking better.

Of course, we put massive herbs into her. And I'll tell you, every other therapist who had been up there was frightened to death by her. They wouldn't suggest anything. And she was the first one I latched onto. God, please give me the crippled. I want something I can sink my teeth into.

So I started working with her right away, and she was doing some hot and cold showers, large doses of the nervine herbs and I gave her a gigantic attitude adjustment, and the next day, she was walking better in class, already.

So many of these people become crippled in the mind after what they go through, because the doctors tell them they have a progressive muscular disorder, and that they're going to waste away.

BISER: *What's the largest dosage you've ever had to use of the nerve herbs?*

SCHULZE: I would say about an ounce a day, an ounce bottle a day. That's about five dropperfuls seven to nine times a day. And there's nothing wrong with doing that.

The only down-side to the nerve stimulators, is, of course, you get a little bit stimulated from them, ok? The only down-side to the antispasmodic herbs is that you can throw up.

So if you throw up on the antispasmodic herbs, mainly because of the lobelia, I'd just back off a little bit, or enjoy your vomit, (laughs) And if you get over stimulated with the nerve-stimulating herbs, just stop taking them that late at night. You know, try and cut the dosage down after about 6 o'clock.

I may go through a period where I stop the stimulating herbs, and put them on some nervine herbs and antispasmodic herbs for a couple of weeks for them to get relaxed.

The sedative herbs just take the edge off and allow your system to expand, but the stimulating herbs tighten it back up again. You need that. It's like hot and cold showers. That's the way Samuel Thompson used lobelia and cayenne, because you can call cayenne a nerve stimulator in a way, and I put it in the nerve restorer, and then he used lobelia as the antispasmodic.

BISER: *Is lavender one of the sedative herbs?*

SCHULZE: Yes, and lobelia's a great one. Lobelia can almost be thrown in either formula. It is an antispasmodic, but it can almost be used with either the nerve sedatives or the nerve stimulators. There's no real side effects to these herbs. Like I said, vomiting with the lobelia, over stimulation with the other ones. Probably the biggest problem is that people just aren't taking enough.

All in all, many of my patients have been in remission for years. Twelve years and more.

BISER: *That's not the cycle where they go in and out of it?*

SCHULZE: Oh, the cycle where they go in and out of it may be a week, two weeks. On the long end, maybe a month. Then you're going to get hit again hard. It's usually like a two-week to a 30-day thing.

BISER: *So doctors can't say your recoveries are a temporary cycle?*

SCHULZE: Yeah, well, they just say, "You're one of those lucky ones that you've gone into remission."

But you know, if you look at it from that standpoint, and I've mentioned this before with you, then I'm in remission with my heart disease. Doctors will never say to a cancer patient. "You're cured."

BISER: *So you're in remission?*

SCHULZE: Yeah, exactly. I'm in remission, you're in remission, we're all in remission, according to doctors.

I'll tell you; 3, 4, or 6 months go by of their remission and they're absolutely blissed-out, and that brings power. The more time goes by, the more they throw the doctor's ideas away, and they grow right out of it.

"When the man with Parkinson's came in, his leg was tapping the floor so hard, it sounded like a jackhammer."

SCHULZE: When he was in my office, I thought he was hammering something. I realized that it was the combination of his knee hitting the top of the desk and his foot bouncing on the floor. He was pretty uptight, but he couldn't stop, and his right hand was shaking.

BISER: *What did you do for the shaking?*

SCHULZE: I think the thing that we did different for him would be the nervine herbs; but we did a lot of hot and cold, which really helped.

I had him get a lot of body work down the spine, and on that arm, and on that leg to free up any muscles that could be tight. We all have tight muscles that pinch our nerves. We also did the herbs externally, also, we did a lot of the anti-spasmodic herbs like lobelia fomentation.

BISER: *You did lobelia fomentations?*

SCHULZE: On the leg, on the arm. We cooked a big pot of strong lobelia tea. I would say a quart pot — we probably had a handful of fresh lobelia. What we did is bring that pot to a boil, put the lobelia in, and shut it off, because you don't want to simmer lobelia. You just want to put it in boiling water and let it go.

BISER: *Did you soak towels in it?*

SCHULZE: Yes, we soaked towels in it and that gave him great relief. He was actually having pain on the nerves. He also had herpes zoster shingles. That was quite painful, and the lobelia really helped with that. Then, we also started adding in black cohosh, skullcap, and we used these herbs internally, too.

BISER: *Why black cohosh?*

SCHULZE: Black cohosh works very well internally for any type of nervous disease or spasm.

I've used black cohosh and I've seen epilepsy go away, where a person doesn't have any attacks due to brain injury or brain tumor.

With him, he felt relief even though, the next time he came, I didn't detect much of a difference. But he said there *was* a tremendous difference. He said he noticed a 50% difference. Maybe it was just when he was sitting in my office, you know, and I wasn't used to seeing someone banging their leg so much and moving their hands.

I would say with him it was about 30 days into it when I started noticing it. By the third time, I was noticing that he could breath, relax, let his muscles relax, and there would be vibration. But it wasn't like smashing the floor and the desk in my office.

We had him on large doses of black and blue cohosh, blue vervain, skullcap, lobelia, skunk cabbage, wild yam, the B&B tincture, separate doses of lobelia, a lot of juices for him. He also did some deep bodywork on the spine.

BISER: *Did you put the fomentations along the spine?*

SCHULZE: He did them on his whole body. He really got into it. He was even taking baths in these herbs.

BISER: *Oh, so people can do that?*

SCHULZE: Absolutely. If you've got a lot of areas to cover. He would fill up a bathtub about halfway and put in some salts and things, and then toss in that whole pot with the lobelia, cohosh roots — the whole thing right into the bathtub — and take an herbal tea soak.

BISER: *Blue vervain or just the cohosh?*

SCHULZE: We used them all. We used the whole B&B formula. The key four are black cohosh, the lobelia, wild yam and skunk cabbage.

They are real miracle workers. Blue vervain and the blue cohosh. I don't use blue cohosh that much, except for women. It's the old squaw root. It is a really good one right before they are going to have a baby. It does have a great history, but the black cohosh, the lobelia, are just wonderful for the spasms. And, of course, his thing was he was a horrible eater. This guy had horrible digestion — and constipation.

BISER: *You took care of all that.*

SCHULZE: You know, it's amazing. To get your system to function this badly, you must have had years of minor dysfunctions that were ignored. He had hemorrhoids from constipation. Instead of doing something about it, he had the hemorrhoid operation.

BISER: *Did he ever get cured?*

SCHULZE: Yes, absolutely. No doctor ever said, "you don't have it anymore," but he got to where he had no tremors at all. No tremors in his leg. No tremors in his arm. He was thrilled about it because he didn't want to retire, but he couldn't write anymore. When he tried to write, it looked like an electroencephalogram across the piece of paper.

BISER: *But he got to where he could write?*

SCHULZE: He got to where he could write, walk, and had no twitching.

BISER: *How long? Over a year?*

SCHULZE: I'm going to say in less than that. I'm going to say 6-8 months to where it was gone, but then occasionally, at night, he would be sitting in his chair and the tremors would come back.

It was up and down, but it was all going downward. I think in about 6 or 8 months he had no tremors at all. They would come back once a week, then once every 10 days.

I'm sure by the end of a year he wasn't having anything. He again had some relapses. Of course, it was when he had gone to someone's house for his birthday, or whatever, and eaten some horrible food and gotten a little constipated. I always see this.

One thing that's great is when your body gets this ill, you can get it better. But if you get too far off track, the same thing just comes back. But what's amazing about it is when the patient sees that.

BISER: *They get the point, huh?*

SCHULZE: They get the point really good.

A man cured of Lou Gehrig's disease.

BISER: *This is one man you mentioned on the videotapes.*

SCHULZE: That's right. He couldn't speak when he first came to see me. That is what the person who brought him said. But I got him talking. It was like "awwawwwaww". He just didn't want to speak. And he was absolutely convinced that he was going to die.

I can't remember; for some reason, I think he was a dentist. But whether he was a dentist or a doctor, he practiced, I believe, at UCLA, so he knew that once you're diagnosed with ALS (amyotrophic lateral sclerosis), you get worse and you die. And he had it, I think, 3 years before I saw him.

BISER: *Why did he come to you if he knew he was going to die?*

SCHULZE: Relatives. Relatives pushed him to come. He didn't want to.

He didn't believe in it. As many times along the treatment as he started getting better, he would say, "Well, it's just a temporary remission."

One day, I finally just threw him out of my office. I said, "You know what, you're getting better. Everybody around you knows you're getting better. Your symptoms are reduced. But, you know, you're such a nonbeliever." I said, "Get the hell out of my office."

And he said, "What are you talking about?" And I remember I grabbed him right by the back of the jacket, and threw him out my front door, and shut the door.

About 5 minutes later, I heard a knock on my door and I opened the door, and he said, "I want to come back." And I go, "Why? You don't believe you can be well." And he goes, "Well, no." And I said, "Get out," and I shut the door again.

We did this about 5 times until he finally said, "Okay, okay." He came in and sat down. And I said, "Look, there's only so much the herbs and the foods and all this is going to do." I said, "If you don't believe that you can be well because of your stupid medical training, you're refusing to look at the symptoms that you have."

I said, "You're getting better. Your speech is better, your facial muscles are better, the strength in your arms is better, you're walking normally." And I said, "You're just refusing to look at this." He finally started looking at it. His big thing was he couldn't abandon everything he had spent a hundred thousand dollars and 10 years to learn. It was too much....

BISER: *So what resolution did you and he come to?*

SCHULZE: We came to a resolution that he could keep everything he's learned in medicine, except the fact that maybe you can get better from this one disease. I said, "You can believe everything else you want from medicine, but maybe there's one area where they're wrong." And so he said, "Okay, maybe you're right."

Quadriplegics & paraplegics: can they be cured with natural healing?

BISER: *Richard, have you ever had quadriplegics paralyzed from the neck down, or is that really hopeless?*

SCHULZE: Let me put it this way, we'll have to go back to what Dr. Christopher said. He said "There's no incurable disease, just incurable people."

I don't meet them immediately. I meet them after years and years of being in this situation; and every doctor, every neurologist, every neurospecialist they've met has told them that they'll never move for the rest of their life.

And so that "food" is hard to go against. I mean, they've digested it and they've assimilated it, and it's like, even with people with multiple sclerosis or muscular dystrophy, or any of these where the doctors have said, "There's no cure, you're going to get worse and die..."

You know, quadriplegics and paraplegics have been given a heavy sentence of paralysis from the doctors, from the so-called specialists, and they don't believe a cure is possible.

When you're moving a muscle, an arm, a leg, or a foot that is cut off from its nerve supply, you can't imagine how hard that is. It goes beyond thought.

You have to psych yourself up. I relate this to the martial arts, because I was the 1971 brick-breaking champion of New York State, and you can't put your fist through a dozen concrete blocks with just strength any more.

It has to come from somewhere much deeper. The Japanese call it "ki", the Chinese call it "chi", the Indians "prana". You have to go inside and find this internal energy or God, but you can't just do it from fear.

BISER: *So, you've never had such a case that's recovered?*

SCHULZE: Yes, I have, but it's rare, because those people have had so much bad programming. You know, I've seen even some quick results. I think I told you about this kid, I'm going to guess he was about 12, in Utah. I wheeled him in his wheelchair right into the stream, and we gave him big doses of the nerve restorer, and within 12 hours he had a twitch in his leg.

BISER: *Was he a paraplegic?*

SCHULZE: Yes, a paraplegic, paralyzed from the mid-thoracic vertebrae down; no movement in his legs.

BISER: *So within 12 hours after nerve herbs and cold water...*

SCHULZE: Yes, and he had been paralyzed since he was about 2 months old and he was now 12. But, now, we're dealing with a kid. This kid looked at me and I said "This can happen" and he believed it, but when you're dealing with a 30-40 year old, it's different.

BISER: *So even though you've never done it, you believe it can happen?*

SCHULZE: Oh absolutely, absolutely In fact, I've met people that it's happened to.

BISER: *Oh, you did? You mean they've told you, "I was a paraplegic"?*

SCHULZE: Oh, absolutely. One of the greatest things about being a teacher is in my travels where I teach, people come to me to tell me what they've done. I'm going to say dozens of people recovered who were not supposed to walk again, usually with spinal injuries, who were paralyzed from, let's say, the navel down.

A man recovers from total paralysis from the neck down.

BISER: *Have you ever met anyone who recovered from paralysis from the neck down?*

SCHULZE: You know, there was a surfer in California. I don't have all the pieces to this story, but he drove his head right into the sand, broke his neck and was paralyzed.

He was a quadriplegic. He had some massive internal injuries, too, and I remember hearing on the street that he was up and about. And he said that he had basically broken his neck, but he believed he could be well and put himself back together.

BISER: *Did he use herbs?*

SCHULZE: Yes, but nothing like what we would talk about. He used mainly things internal. This was actually in Solana Beach, down in the north county of San Diego, and he was a big believer. I met him in a juice bar down there, and he was a big believer in juice therapy, but he had done nothing much beyond that. Oh, and a lot of bodywork.

BISER: *And his nerves in his neck regenerated?*

SCHULZE: Yes, and he got everything back. He was paralyzed. He limped. At first, he had nothing from the neck down, but then he worked himself into moving arms, moving legs, getting lots of bodywork, and I think he juice-fasted for something like half a year, and put himself totally back together. But that's quite rare. I don't mean it's rare to be able to do it, I just think it's rare to find someone.

BISER: *Anybody who can fight that hard?*

SCHULZE: Yes. But I'm going to say a couple of dozen, with paralysis from the mid-navel down, who have brought it back. I think the biggest factor is that you really have to work at it.

I mean, I've had some injuries, and I couldn't move the area, and it doesn't matter how much you think and how much you want to, it's hard to imagine. It's like you're frozen. It's like a dream. And those people just need to put out 110%, and of course, you have every doctor saying it can't happen.

Advice from Dr. Schulze's teacher, Dr. John Christopher. For deafness and hearing loss...

Dr. Christopher used his B and B tincture in the ear, washing out the ear once a week with water mixed with some apple cider vinegar. He cured cases of total deafness by doing this.

Chapter Thirty-three

Making Herbal Preparations, Part I

How to make Herbal Preparations by Dr. Richard Schulze

I wrote the following information on how to make herbal preparations over 20 years ago and used it for teaching students. This is the first time it has ever been available to the public. I have updated it and simplified it for the lay person.

If I could give you one word of advice it would be not to be afraid to make some herbal preparations. Whether you make every herbal preparation you need, or a few, or just play with it as a hobby it doesn't matter. You will probably find that even your mistakes are better than what is commercially available. And if, God forbid, the day ever arises that you can't get what you need, this information could save your life.

The vast majority of what you need to know is covered on the video tapes; this is just to clarify a few points and give you some specific measurements and formulae.

Herbal Snuffs for Nasal Draining

Herbal Snuffs for nasal congestion have been used for hundreds of years. They are, basically, herbs in a finely powdered state which sometimes have an essential oil added. Most of the snuffs I made and used in the clinic over the years were for decongesting and draining of the sinus cavity.

One of my favorites was goldenseal root powder and bayberry bark powder, with a tiny bit of cayenne pepper and garlic added. This snuff disinfects and decongests the sinus cavities.

Take a small jar and put into it seven tablespoons of finely powdered goldenseal root and 7 tablespoons of finely powdered bayberry bark. The cayenne and garlic add intensity to the formula and the amounts should be judged by your ability to tolerate it. The amounts I added in the clinic were one tablespoon of 150,000 H.U. cayenne powder and one tablespoon of garlic powder. Although this amount may seem a bit extreme, for some it works! Shake the jar and mix the powder well.

Infusions

When we speak of infusions we mean making a common tea. Take an amount of herb, pour boiling water over it, and let it steep. An infusion can be made with cold water, as a sun tea, or by using boiling water.

A basic formula for making an infusion is to use one teaspoonful of dried herb or two teaspoons of fresh herb to the cup of water. Pour the boiling water into a cup with the herbs (a tea ball may be used), cover, and let steep for 15-30 minutes. When making a cold infusion or sun tea, let the herbs remain in the water 1 to 4 hours before straining.

We use infusions with herb parts out of which the medicinal qualities are easy to extract, such as leaves and flowers (example: peppermint leaves or chamomile flowers). If we were to simmer or boil these sensitive parts of herbs, we would have their valuable healing chemicals in the air of our kitchen, but not in our cup of tea.

When we want to make a tea out of the harder parts of plants, such as the twigs, branches, barks and roots, then we make a decoction.

Decoctions

A decoction is also an herbal tea, but it is designed for the harder parts of herbs such as the barks, roots, twigs, berries, fruit, nuts, etc. With these parts of herbs, an infusion may not extract all the medicinal properties; they

are *locked into* the harder parts of the plants. Therefore, we need to apply more heat for a longer period of time.

A basic decoction is made by adding 1/2 to 1 ounce (1 to 4 tablespoons) of dried herb to 1 1/2 pints of cold water (the extra 1/2 pint covers the evaporation in boiling). It is best to let the herbs soak and re-hydrate in the water up to 12 hours, if you have the time, and then slowly bring it up to a boil. Let it simmer between 10 and 30 minutes.

For infusions, decoctions, and any other herbal preparations you make that require water, it is best to use the *emptiest* water. Your first choice would be distilled water; a very close second would be reverse osmosis, and then filtered. Mineral and spring waters are very saturated (full) with minerals and, therefore, dissolve less plant chemicals than the *empty* waters.

Fomentations (compresses)

A fomentation is basically an herbal infusion or decoction applied externally using a piece of cloth, gauze, or towel, always using natural fibers such as cotton or wool.

Fomentations can be made with any liquid at any temperature but generally we use a hot herbal tea made with water. Other possibilities are to make the fomentation with various oils (castor oil is one of my favorites), apple cider vinegar, diluted essential oil, or fresh fruit or vegetable juices; use your imagination.

To make an herbal tea fomentation, you first make an infusion or decoction as previously described. Then, dip a piece of cloth in the solution; the size of the cloth should be in proportion to the area of the body you want to cover. Wring out the excess liquid and apply this cloth to the affected area of the body. You may wish to keep the tea hot in order to keep dipping the cloth back in it and reapplying it when the cloth gets cool; this can be done

every few minutes. Also, a heavy towel placed over the fomentation will help it retain its heat.

A nice way to increase circulation to an area is to place an ice cold wet cloth or ice pack on the area for 2 to 8 minutes followed with an application of the hot fomentation for 5 to 10 minutes.

You may decide at some point to leave the fomentation on for a longer period of time (like overnight). In this case, you may want to cover it with other towels or even plastic to keep the area warm and wet. Even a hot water bottle can be applied over the fomentation to keep it warm. Over the years my patients have come up with thousands of ways to keep poultices on all night from ski caps on the head to elastic ace bandages. Use your imagination.

Fomentations are wonderful hydrotherapy and with using different water temperatures you have a wonderful aid for increasing blood flow and circulation. Fomentations can be used for stiff or torn muscles, burns, cuts, bruises, scrapes, broken and cracked bones, internal organs, glandular areas, general pain, etc.

Castor oil fomentations are great eliminative routines. Oil-soaked cloth, usually hot, can be placed over the liver, kidneys, intestines, appendix, lungs, etc., and will assist in elimination.

Using hot water or liquids in a fomentation relaxes tight muscles, draws blood to the surface of the skin, increases circulation in that area, and opens up congestion. Heat is also drawing and aids in pulling impurities from the body. One of my favorites to use is cayenne and ginger with other herbs to really increase the blood flow to an area.

A cold fomentation constricts the blood flow and circulation to the area and drives the blood deep below the surface. It can soothe discomforts caused by too much heat (burns, sunburns, inflammation, etc.) and also increase circulation to reduce unwanted swelling and pain.

Poultices

A poultice differs from a fomentation in that, instead of applying the herbal tea, oil, or juice to the body, we apply the actual herb itself. This could be in a very simple way, by just "bruising" an herb leaf and applying it to the skin. The American Indians and primitive cultures all over the world simply chew herbs up into a wet pulp and apply this to various parts of the body.

The most common way is to mix dried herbs together, in a finely cut or powdered state, add water, apple cider vinegar, or some other liquid to it to form a paste; then applying this to the skin. I have found that adding 1/4 to 1/3 of a mucilaginous herb powder, such as slippery elm inner bark powder, makes a much nicer consistency and will also adhere better.

Poultices are great for just about any problem but are mostly used for wounds. When using a poultice on a "hole" in the body or a deep wound, not only would you want to have cleaned and disinfected the area before applying the poultice, but also have added some anti-infection herbs to the poultice such as goldenseal, or, my favorite, garlic (it does burn a bit) or tea tree oil.

Another general rule of thumb on a wound is that, once the poultice is dried, it may look like some of it is gone or has been absorbed into the body; don't clean the remaining poultice off unless you absolutely need to recheck the wound. Just add a new poultice over the old one and keep "feeding" the area.

There are other types of poultices, especially a drawing one like my Black Super Draw Poultice, that you will want to change frequently. A drawing poultice removes impurities and poisons out of the body and can be more effective if changed 1 to 3 times a day.

But generally, once a poultice has dried on a wound, I consider it a part of the body, just like a scab. It will come off when it's time.

A good example is, many years ago, I was with someone who cut the tip of their finger entirely off. The finger was bleeding profusely, so I dumped a handful of cayenne pepper and just stuck it to the rest of the finger.

I covered the whole area with an herbal poultice mainly made up of comfrey leaf and root, garlic, slippery elm and a few other herbs. After adding more poultice in the next few hours, I finally wrapped gauze around the whole area. The next morning we realized that the poultice had dried hard with the gauze and this person now had a rock hard herbal cast on their finger. I said not to worry; in about 3 days it worked itself off and we found a beautifully healed finger.

The finger tip was reconnected with the finger. Only a slight redness was around the cut area, but we could see lots of cayenne pepper under the new skin between the finger tip and the finger. I assured the person that the body would just *digest* the cayenne pepper and it did. A month later there was not even a scar.

Other poultices that are wonderful are those for itching and irritated skin, for drawing the poisons out of stings and bites, to heat an area (the famous mustard plaster), and for glandular infections or congestion. You can put a poultice on just about anything you can come up with. A poultice can also be applied between two layers of gauze or light cotton if, for some reason, you don't want the actual herbs to touch the skin.

As a poultice dries, it becomes more and more pulling. To increase the pulling power you can add drawing herbs and even bentonite clay. One of my favorite additions to an herbal poultice is fresh aloe vera leaf gel; it adds soothing and healing qualities, helping your body repair itself 2 to 10 times faster than normal.

Besides herbal poultices, vegetable poultices have also been used widely over the years with potatoes, onions, carrots, beets, garlic, cucumbers, and a

wide variety of greens. Cayenne, ginger, mustard and horseradish have all been popular for use in heating and stimulating poultices.

Healing and soothing poultices made from slippery elm, marshmallow, aloes, calendula, lobelia, and mullein have had extensive use. Seed and grain poultices have also been used over the years (oats, barley, flax, etc.) with very soothing effects.

Let's not forget fruit poultices. Bananas, figs, apples, papayas and melons all make excellent poultices. Last but not least is plantain. It grows in most people's yards and is a classic for everything from bites and stings to blood poisoning.

Suppositories, Boluses and Pessaries

Suppositories, boluses, and pessaries are basically herbal poultices used internally. They are generally made with a mucilaginous herb base like slippery elm or an oil base like coconut oil or cocoa butter. They are inserted into body openings (vagina, rectum, nasal opening, ears, mouth, etc.) to distribute their herbal power to internal areas.

In making your bolus, you will want your herbs FINELY powdered so the bolus will be as smooth as possible. You will want to add something to the mixture to give it a slippery consistency.

A soft bolus can be made by adding slippery elm bark powder to your herbal mixture. Slippery elm is very mucilaginous when mixed with water and is a great soothing, healing, and nutritional agent. If you desire a harder bolus, as is sometimes preferred in the rectal and vaginal areas, coconut oil works the best.

Take a jar of coconut oil and place the jar in a bowl of hot water. In a short time the oil will melt; Depending on your air temperature, it may already be in a liquid state.

Mix the melted coconut oil with the finely powdered herbs you choose into a dry pie dough consistency. Shape and form the herb mixture into the size and shape of the suppository you desire. (This can vary greatly depending on the area in which they are to be used and the size of the individual.)

Place the individual boluses on a piece of wax paper, stainless steel, or glass plate and refrigerate them. Refrigeration will make them hard. When you want to use one, take it out of the refrigerator, hold it between your fingers for just a few seconds (the coconut oil will begin to melt) and insert the bolus. Use some olive oil to lubricate the area of insertion first.

When the bolus is inside of the body, the body temperature will cause the coconut oil to melt rapidly and the herbs will be dispersed.

Suppositories are commonly used for rectal cleansing, hemorrhoids, vaginal infections, irritation, inflammation, and problems with the whole reproductive area.

Douches and Enemas

Douches and enemas are liquid injections into the vagina and rectum, usually in the form of infusion or decoction, vegetable, nut and seed oils, or aloe vera gel.

These injections can be used to wash out a bolus, to cleanse the area, and to supply the area with herbal, medicinal, and nutritional properties.

Rectal injections can be extremely important. In some cases, when a person cannot accept liquids, food, and medicinal agents orally, they can be fed through a bowel injection.

Herbal Syrups

A syrup is basically an infusion or a decoction and, sometimes, a tincture to which maple syrup, vegetable glycerine, honey, or sugar

has been added. These substances are added mainly to preserve the solution, but also give the liquid a thicker, stickier, and more coating consistency and make it much more palatable to children. I prefer maple syrup over the others and used it successfully in my clinic for years. If you use glycerin, make sure it is vegetable, *not animal or petroleum derived*.

Usually, adding maple syrup (1/4 to 1/2 of the volume) will work perfectly I can get most children to swallow any herbal tincture just by adding 1/2 or 50% maple syrup.

You can make a very strong syrup by simmering down your decoction to less than its original amount before adding the syrup. If you "slowly" simmer your decoction down to 1/2 its original amount, you have what used to be referred to as a 3 power decoction. If you simmer your 3 power decoction down to 1/2 this amount you will have a 7 power decoction. By adding maple syrup to this you have 3 & 7 power syrup. Always try to find organic maple syrup; it must be 100% pure maple syrup.

Herbal Oils

What I will explain here is the extraction of oil from herbs. I prefer to use olive oil; almond works well, too. A common oil extraction is oil of garlic. There are many other types of oil extractions you can make in a similar way. It is most important that your herbs are either dried or that, when fresh, the liquid in the herbs mixes well with oil. Water in your oil will be a sure way to have spoilage and problems.

In making a garlic oil, you peel, cut, and chop many cloves of garlic; then cover the bottom of a bowl with at least 1 inch of cloves. I use glass or Pyrex bowls. Don't use any container the solution can react badly with, like aluminum.

Cover the garlic with your oil and set it in a warm place for 1 to 3 days. Cover with gauze or cheesecloth to keep bugs out. You can place it in a warm oven that is turned off or over a heat register, as long as it doesn't get too hot.

Occasionally, I like to mash the garlic with a potato masher to squeeze out all the "goodness." When you feel the oil is right, strain your mixture through cheesecloth or cotton and bottle. If you refrigerate this, it will keep longer.

Oils can be made from any herb bark, stem, leaf, root, etc. With some herbs, you will definitely want to heat the oil to a higher temperature for varying amounts of time but never above 120 degrees. Generally you will want to steep your herbs in your oil for 14 days with the moons, the same way as described in detail in the tincture section.

Oils are great remedies for internal use and wonderful for external applications (wounds, infections, skin problems, massage, etc.). Making a good oil takes time and practice. When you turn out a good one, your time and patience are rewarded.

Commercial essential oils such as lavender, eucalyptus, and thousands of others are usually made by steam distillation. It can take hundreds of pounds of herbs to make only a few ounces. For the most part you are better off buying good quality essential oils. They make nice additions to the herbal oils you make. A few drops added to your oils is a nice finishing touch.

Herbal Tinctures

Herbal Tinctures are Technically fluid extract of herbs. Where we use water to extract in an infusion or decoction, we add alcohol to the water or apple cider vinegar, when making a tincture.

There are many advantages of tinctures over infusions and decoctions. One is that there are many medicinal properties in herbs that are not water

soluble. While many of the chemical properties of herbs do dissolve in water, there are also some important properties that do not. In fact, many essential oils, resins, alkaloids, steroids, etc., dissolve better in a water / alcohol base and some don't dissolve in water at all.

Like infusions and decoctions, the medicinal properties in tinctures can be digested and assimilated easier than consuming herbal capsules or the raw herbs, especially if a person's digestion is bad. The medicinal properties of herbs in a tincture get into the bloodstream the fastest, almost instantly. Unlike infusions and decoctions, tinctures are quick; they are already made up and on hand. This makes them invaluable for first aid kits and emergency applications.

Tinctures are also much more concentrated than teas. As little as 2-3 drops of good tincture can equal and excel the medicinal properties of a whole cup of tea. Tinctures made with an alcohol base are also good antiseptics for open wounds.

The alcohol we use to make tinctures is grain alcohol. This means it is distilled from a fermented grain "mash." Denatured, isopropyl (rubbing alcohol), or methyl (wood alcohol) are never used because they are poisonous.

Although all herbal medicinal chemicals are best extracted in various percentages of alcohol, the standard tincture solvent solution (base) is 50% grain alcohol and 50% water. 50% alcohol is equal to 100 proof. (Alcohol % x 2 equals the proof or proof divided by 2 equals the alcohol %.)

Many people have used 80 proof (40%) alcohol solutions successfully throughout the years and for most herbs this will make a great tincture. Dr. Christopher always said to use 90 proof (45%) alcohol or better. When your end cost per ounce will be so little anyway, I suggest using 100 proof vodka which is a 50 / 50 solution of grain alcohol and water.

For people who have an emotional aversion to consuming alcohol, I will make the following statements...

Grain alcohol dissolves and extracts certain important phytochemicals (plant chemicals) better than just water alone. For example, the diosgenin in *discorea villousa* is only soluble in alcohol, not in water. Alcohol also preserves tinctures and gives them an almost indefinite shelf life, at least over 5 years.

The actual amount of alcohol per dosage of 30 to 60 drops is so small that there is more in some mouthwashes. This dosage has been tested on people who are alcohol sensitive with no adverse reactions. It is also a safe amount for anyone in a 12 step program or Alcoholics Anonymous.

Vodka, by law, can be nothing more than grain alcohol and water; this is the reason why it is the choice of most herbalists. It is obviously a very safe alcohol also, because it is specifically designed for human consumption.

Other whiskeys may contain the correct amount of alcohol but also contain impurities, colorings, flavorings, preservatives, and toxic substances. Gin is grain alcohol flavored with juniper, but also may contain other additives. Dr. Christopher used to suggest brandy (distilled grape wine). Although it has been used for hundreds of years for tinctures, modern brandies usually contain many additives (colors, preservatives, flavors, etc.).

So, vodka is our best and purest grain alcohol base. Everclear, or pure grain spirits, is available in some areas of the United States. It can range from 150 to 190 proof (75-95% alcohol). It can be used straight or diluted with distilled water to make tinctures.

Some herbal properties, such as gums and resins, will release properties better at this higher alcohol content. Pure apple cider vinegar (acetic acid) is also a good tincture base for certain herbs, especially *lobelia inflata*. It is not as strong a solvent as grain

alcohol. Tinctures made with vinegar are less drying to the skin; they can be nice for liniments, and are slightly antiseptic.

Always use a health food store brand of pure apple cider vinegar. Naturally aged, unfiltered and raw, organic, and not distilled, if possible. One main problem I have with apple cider vinegar tinctures, especially my Super Tonic (garlic, cayenne, ginger root, onion and horseradish) is that they taste so delicious that I drink them all and "eat" my profits. Also, the people who buy them from me don't have colds; they just know a good salad dressing when they taste one.

In most cases, the best way to make a tincture is using fresh herbs. This can be simply done by putting fresh herbs in a blender, adding your water / alcohol solution, and then just turning the blender on. By turning your herbs and solution into this herbal "applesauce," more alcohol solution will reach individual cells of the plant and make a stronger tincture than if you just dropped a whole root in a jar and covered it with alcohol.

If you have dried herbs and want to powder them, an inexpensive way to do this is with an electric coffee grinder or a mortar and pestle. If you use an electric type of grinder be careful not to "cook" your herbs in the grinding process. You could break the blades off with hard roots.

If you are going to be making many tinctures, you are best off making them all separately. Specifically, you are better off making separate lobelia, valerian root, skullcap, wild lettuce, hops and cayenne tinctures, than putting them all together in one jar. If you make them all together, you have a nice antispasmodic, nervine formula; but, if you make them separately, you could have just a straight emetic formula (lobelia), a stimulant formula (cayenne), a pain formula (wild lettuce and valerian root), an insomnia formula (hops and valerian) or any number of different combinations.

Making the Tincture

The first thing to remember is that making a tincture is fun. You are going to put your love and "good energy" into making this preparation. If you are all "nerved up" and in a bad mood, your tincture will taste like it.

Most proportion rules in the past have been 4 ounces of dried herb to one pint (16 ounces) of alcohol or 8 ounces of herb to a quart (32 ounces). Herbs have many varying weights and densities, which makes this type of formula ridiculous. What I have found to work best over the years is simply my half to full rule. Blend your herbs with your alcohol and then pour the solution into a big glass jar.

I let it settle for a day to see where the herbs end and the liquid starts. You want the herbs to settle at least halfway up to the top of the jar. If they settle to less, add more herbs.

If you want a stronger tincture, then make sure the herbs settle to 3 / 4 of the way to the top; a really strong tincture could be all pulp, like applesauce. This rule has worked better for me in my pharmacy over the years than all the rules in every herb book I have read.

You need to use your common sense when putting a tincture together. Eight ounces of mullein or red raspberry leaf may not even fit into a quart jar, so you have to use your best judgment. Follow my 1/2 to full method and you will never fail.

Common, inexpensive tincture jars are one (1) quart canning jars. A clear glass jar lets you observe the tincture as it's "working" and is okay to use as long as you keep it in a dark place, out of sunlight. Do not use plastic, metal, or any other type of container that your base (alcohol) may react with undesirably.

Pour your solvent over the herbs and seal the jar. It should be shaken vigorously for several minutes to make sure there are no clumps of herb that have stuck together.

At this point you can open the jar and usually add more alcohol or herbs. Once your jar is fully packed, it is NOT to be reopened until the tincture is done. From this point on until it is finished, it should be shaken at least three (3) times daily or, as Dr. Christopher said, "every time you walk by it."

The tincture is left in the jar for two weeks. Start the tincture on the new moon and squeeze it out on the full moon (Many tests have been done by Dr. Christopher and myself as to the strength and potency of tinctures in relationship to the time they "brewed" and the phases of the moon; in all cases, those made in accordance with the phases of the moon made the strongest tincture.)

Obviously, most manufacturers of commercial tinctures nowadays, who use a 3 or 4 day "special process" and ignore the moon phases, are making a Highly inferior product.

There are many astrological books and almanacs that give the times of the New Moon and Full Moon, although you may have to calibrate these times to your local area.

Most herbalists don't get too critical on the time, but go just by the day of the Full Moon. It is nice to keep a record of your tinctures as well as your other herbal preparations. I record the amounts of herbs, where I got them, the amount of base and % of alcohol, the date, and any other pertinent information. This logging of information could lead you to making fairly consistent tinctures.

The big complaint the A.M.A. and F.D.A. have of herbal preparations is that they are not standardized.

Even if you make a preparation the same exact way each time, you can't rely on the herbal medicinal properties being in the same quantity from one bunch of herbs to another. How Wonderful!!! This is nature's beautiful way of adjusting not only the chemical properties of herbs from season to season, but also the chemical properties to the local area for the local people.

We are not all living in the same climate, doing the same things, eating the same foods, etc. Personally, I would rather experiment with a dosage of a natural remedy than take any of the poisonous, isolated, synthesized chemicals the pharmaceutical industry has to offer.

You will first want to filter your tincture well through a natural fiber like cotton or through paper coffee filters (brown unbleached ones only.) Laboratory grade filters work well, too. Let's not forget the old cotton diaper cloth — it works great. If you use a funnel, use a glass one, not plastic or metal.

Bottle your tinctures in amber glass jars with tight lids. Laboratory polyseal are good airtight, leak proof tops. I usually put my tinctures in 16 oz. or 32 oz. amber glass jars and then pour or mix them into 1 or 2 oz. amber bottles with glass droppers as needed. A glass dropper is necessary. You don't want a plastic dropper sitting in your tinctures or you will end up with a nice tincture of plastic.

Always label your tincture preparation jar, your tincture storage jars, and your 1 oz. or 2 oz. dosage jars to identify the type of tincture in them. I also include the base used, % of alcohol, and the date of bottling. An unlabeled tincture is dangerous and can be an unpleasant "surprise."

Herbal Salves, Ointments and Balms

In the 1970s, the California State Department of Health (and I'm sure this will be followed by the U. S. Department of Health and the Food and Drug Administration) decided that the words "salve,"

"ointment," "unguent," and probably "balm" indicate a medicinal substance and can be used only in a pharmaceutical preparation. You will notice in the herbal industry ointments and salves generally have odd and creative names such as herbal savvy, green goo, and unpetroleum jelly.

Herbal salves, ointments, and balms are the most often used of the herbal preparations. With the oil soluble medicinal properties of the herbs, suspended into the preparations, we have a multi-versatile product.

A general purpose herb salve could be used for cuts, bruises, scrapes, burns, sunburn, insect bites and stings, plant irritations, sore or rough skin, and dry skin. We can also make salves to draw out poisons, vapor salves for the nose, salves for eczema and dermatitis, lip salves — the possibilities are endless! Like tinctures, salves are great for herbal first-aid kits and first-aid applications.

The Base for Herbal Salves

The best base of all that I have used is olive oil and beeswax. Olive oil supplies the medium for the herbal medicinal properties to be placed in and beeswax provides the hardening agent to the olive oil.

Although olive oil is the most generally used oil, although other types of vegetable, nut, and seed oils can be used. Olive oil is high in monounsaturated fats and so it has a good shelf life and is naturally healing and soothing to the skin. It also contains many vitamins, including A, D, E, and K, as well as many minerals. Olive oil just by itself is a great medicinal agent for the skin and a nutritious food for the body. Some other oils that are acceptable are almond and sesame.

Petroleum oils and mineral oils are in many commercial "name brand" preparations (for example; Vaseline Petroleum Jelly). In my opinion, they're wonderful for lubricating car engines and packing wheel bearings but who would want to put this garbage on their skin?

Coconut oil and cocoa butter can also be used for salves, but melting and softening them at room temperature makes your salve very unstable and on a hot day your ointment turns into an herbal soup. To make a creamier salve you can replace some of your beeswax with these products.

Beeswax, which is most commonly used as the hardening agent for the base, is available in different forms. Generally you can get it white (bleached) or brown (unbleached). I suggest the brown — unbleached, which is in its natural state and not chemically altered. It also still contains naturally occurring medicinal ingredients such as propolis.

The general base formula I use is one quart (32 fluid ounces) of olive oil to between 1/4 pound (4 ounces weight) of beeswax. If you want a real creamy ointment, like petroleum jelly, use the 4 ounces of beeswax. If you want harder ointment, add the 8 ounces.

The temperature of the area where you live will also come into play. I make my heating balm formula fairly creamy for California. In upstate New York, in the winter, its consistency gets very hard; and during my trip to India this Spring, with temperatures in the 120 degree range, it turned into soup.

Herbs in Salves

Use dried herbs. Fresh herbs can be used, but since they contain water, this can encourage mold and bacterial growth —just what you don't want in your salve. This can be somewhat controlled by adding natural preservatives and keeping your salve refrigerated, but it's a big problem.

Basically, cut your herbs finely like described in the tincture section so that the oil can reach maximum plant cells. It is best to use dried, finely cut or powdered herbs.

Some of the most common salves made are...

General purpose herbal salves with comfrey, mullein, chickweed, marshmallow, marigold, arnica, saint johnswort, etc.

Infection salves with goldenseal root & myrrh gum is an old time favorite. Add essential oils like tea tree oil.

Skin cleansing and drawing salves with plantain, chaparral, red clover blossoms, and poke root.

Vapor balms with essential oils of peppermint, spearmint, eucalyptus, etc.

How to make Ointments

Some herbalists prefer the old cast iron pots, others prefer stainless steel double boilers. Some use a crock pot plugged into a light dimmer switch which gives me a variable control on the temperature. Whichever vessel you choose, it is helpful to have a food thermometer that ranges from at least 80 degrees to 160 degrees F. You can get one in almost any grocery store that ranges from 0 degrees to 220 degrees F.

Let's assume that your herbs have been brewing in your oil in a jar for the last two weeks; you started on the new moon and it is now the full moon. Strain your oil through a cotton cloth and a stainless strainer. You may want to do this a few times because usually you don't want a "gritty" salve. At this point you have a decision to make.

Dr. Christopher frequently talks of single power, 3 power and 7 power ointments. To make a 3 power ointment, strain the oil and herb mixture when it's done, and then add more dried herb to this solution and let it

"brew" all over again. When you strain this solution, you have a 3 power ointment, which is much stronger medicinally than your regular ointment.

To make a 7 power ointment, repeat the process with your 3 power oil and strain. Now you have a 7 power solution. Whichever you choose to make, always strain your oil well, pressing and squeezing the oil saturated herbs because the rich properties can cling to the herbs.

Next, put the amount of beeswax you are going to use into a separate, small pan and heat until it is melted, being careful not to overheat or burn it. Some beeswax takes up to 140 degrees to melt.

In the meantime, warm the herbal oil that you pressed out to about 120 degrees and then slowly pour in the melted beeswax and stir during this process. Many try to melt the beeswax in the herbal oil. This works but you have to heat the oil way too hot so the 2 pan method works much better.

You definitely want to make a test pouring, which could save you a lot of time and mess. Take a sample of your solution and pour into it a small container or just drip some on the counter top and it will harden quickly. See if it's the consistency that you want. You can always add more beeswax but you can't go the other way.

Putting Ointments into Jars

When you feel your consistency is right, ladle or pour your solution (a glass laboratory pipette works well) into your containers. A glass turkey baster works just as well. 1/4 oz., 1 oz., 2 oz., or 6 oz. wide mouth jelly jars

— use any container that suits your needs. Don't move or mess with your jars after you have poured your ointment or it will crack and puddle. Leave the clean up for later. Leave the tops off until the ointment is hard.

Seal your containers tightly. Dr. Christopher has always suggested that with ointments, tinctures, syrups, or any herbal preparation you want to store for a long time to seal with paraffin wax. You can do this by heating up a

vessel of paraffin wax and dipping your sealed jar or bottle upside down into the hot wax. This makes a long lasting air tight seal.

Making an essential oil ointment is very easy. You can either add the essential oils before you add the beeswax or after. That's all. When making your first ointment, an essential oil "Vapor Balm" is a good one to start with.

Suppliers

To obtain Brown Bottles, Prescription Container Supply phone (800) 777-7241

To obtain Essential Oils, Aroma Vera 15901 Rodeo Rd. Los Angeles, CA 90016 phone (310) 280-0407

To obtain Beeswax, Go to your local honey supplier and ask for unbleached beeswax. It should be yellow to golden brown.

Chapter Thirty-four

Making Herbal Preparations, Part II

Making Tinctures

Make your own herbal tinctures at home — and throw out the stuff you bought from the stores. You'll be a lot healthier for doing this.

To make your tinctures, do the following...

- 1) Get fresh herbs.
- 2) Put them in a blender in the proper proportions. You can mix them in a bowl first if it fills more than the blender can
- 3) Add just enough 80 to 100-proof vodka to cover the herbs. For herbs that are resinous like chaparral, use pure grain alcohol, which is called Everclear and is not sold in all states.
- 4) You will now have an herbal vodka sauce. Pour this into a jar to let it steep from two weeks to many months.

Put a lid on the jar. Shake several times a day. If you can, start the tincture on the day of the new moon. Then, let your tincture sit a minimum of 14 days till the full moon, and press through some cheesecloth into a bowl, and then pour into jars and keep in the dark

Incidentally, there are some ingredients in herbs that have to come out in alcohol, and which may not come out in an herbal tea.

For example, one of Dr. Christopher's teachers, Dr. Shook, noticed that a water tea of black cohosh didn't have the same effect, or anywhere near the same effect, on epilepsy. But he discovered that an alcohol tincture of black cohosh worked very dramatically. Herbs contain thousands of chemicals, and some come out in water, others with boiling water, and many more of them extract with alcohol.

If the alcohol in a tincture is of concern to you, put the dosage of tincture in a cup, pour boiling water over it and the alcohol is gone in a second

By the way, you may also extract herbs in oil. Garlic is done in this fashion. So is lavender and many other plants. A plant extraction in oil may not be as strong, but for the skin, it can be more soothing. Also, sometimes, as in the case of peppermint or lavender, an oil is what you are usually trying to extract.

Putting fresh herb juice into a tincture to make it stronger.

BISER: *I have seen you add fresh herbal juice to some of your tinctures. Why is that?*

SCHULZE: There is no question it makes it stronger. You definitely get more chemicals from the herbs run through a juicer than you get if you just make a straight tincture.

BISER: *Okay, how much juice could you add to the tincture?*

SCHULZE: You wouldn't want to put more than half and half. In other words, in a quart bottle of final preparation, you would have two cups of your alcohol tincture, plus two cups of the herbal juice.

If you were using 40% alcohol, like 80 proof vodka, you wouldn't want to put more than half parsley juice in there in a parsley tincture for your kidneys and bladder. You don't want to get below 25% in alcohol.

But, 10% added juice makes a great tincture, better than any you could buy. Just check it once in a while. I've had a few tinctures go off because I put too much juice in it, but you'll know.

BISER: *They smell fanny,*

SCHULZE: Yeah, they smell funny and they grow mold sometimes.

BISER: *Is that because you've put too much juice in?*

SCHULZE: It just has too much water in it and not enough preservative. So, you want to keep your alcohol 25% and above.

It is important that you press out your tincture on the day of the full moon.

Richard Schulze says that Dr. Christopher, and he, found that tinctures were stronger when made this way. Dr. Christopher said you could smell the tincture NOT pressed on the full moon and they weren't as strong. It makes sense, because planting crops is done with the phases of the moon. And different crops are harvested according to the moon. The tides change with the moon. So why would herbs not be affected by something that strong?

Also, please note: Letting your herbs soak in alcohol for fourteen days is an absolute MINIMUM . Richard Schulze usually lets his tinctures stand for two to three months before straining. He has one false unicorn tincture (for women who are threatening miscarriage) that has been sitting since the early 1980s. He dips into it occasionally when he needs some, adds more alcohol if it needs it, and lets it continue to soak.

Some of Richard's students make a double-potency tincture. They first make a regular tincture. Then, before using it, they add fresh herbs into the tincture as if it were clear alcohol, and then they let that continue to soak. When that is pressed, you have gone through two soakings with two different batches of fresh herbs. What a brew!

Please do not believe herb company advertising about their superior tinctures.

As I have said elsewhere, the only thing high-potency about these products is their advertising and their labels.

I have seen labels that say, "double or triple-extracted"; others say: "made with organically grown and wild-crafted herbs", and in spite of what they say, you can make a far stronger tincture in your own kitchen.

Here is what appears to me that the herb companies are doing wrong: *They are not using enough herbs, and they are not letting the herbs soak long enough.* Both of these measures, herbs and time, cost money. You can always make more money if you use less herbs, especially at \$22 per pound, and if you cut the time down to 3 days.

Herb companies say they are formulating their tinctures to something called the national formulary standard, and that more than a certain amount of herbs, usually one part herbs and 4 parts alcohol, is not necessary, because the alcohol becomes saturated.

According to Richard Schulze, "This is supposed to be scientific because the alcohol is supposedly saturated and can't possibly pull out any more."

"You know what, someone with cancer doesn't give a sh— about saturation point. All they want to know is I'm giving them what will give them their best chance. So what's the worst case scenario? I'm wasting herbs. Well, there's no shortage. And I figure the more I buy, the better."

"But if theirs is fully saturated, how come the way I recommend is more potent? Everybody is doing three-day tinctures, and with small amounts of herbs. I don't know anybody who does tinctures according to the lunar cycles."

I have to agree with Richard. These skimpy procedures are pathetic — and people can die because of useless herbal products. If these lazy manufacturers are correct, how come tinctures made with more herbs, and made longer, have a full-spectrum "knock-you-out" flavor not present in commercial tinctures? When you taste a great tincture, it is almost like you

put a handful of the herb in your mouth. You should taste the barkiness or the rootiness. It shouldn't taste like colored alcohol and a little bit of herb.

Another problem is that the companies may not be harvesting the herbs at their peak of potency.

For example, I got one bag of blood-cleansing tea from a nationally known company. The red clover blossoms in it are brown. They should be violet, the color they have when harvested at their peak. If you don't catch red clover, or any other herb at its peak, the power of the plant goes back into the root.

Then, the effect you want, the blood-cleansing or immune effect, will be weaker — or hardly present at all.

Another problem is that herb companies use the weaker parts of the plant, which saves them money. For example, black walnut is a potent antifungal herb. The most potent part of the black walnut is the gooey substance around the nut. Yet most companies harvest and use black walnut leaf or bark, which is far less potent.

Another example is wild oat seed. Now, the oat straw goes for \$2.59 a pound. But to get the oat seed at its milky stage will cost you \$13.75 per pound. Cayenne pepper is \$2.20 per pound. But Richard Schulze had one man grow Mexican hot pepper organically for him and it cost him \$40 to \$50 per pound. Herb companies never see you — so they suffer no bad effects if you never get well.

Get your own herbs, as fresh as you can get them, then prepare what you need at home. Tinctures last almost forever. Richard tasted some tinctures made in 1919 and they were so strong, they curled his toes. A tincture goes into your bloodstream in seconds. Forget capsules of dried, ground-up herbs. The colon formula mentioned earlier is the only one you should make or gel

in capsules. For everything else, make fresh tea, or tincture the herbs at their peak.

Stop trusting your life to herb companies. Make your own tinctures.

I can't tell you this loud enough or enough times. Make your own tinctures. Make your own tinctures. The worst, biggest, and stupidest mistake you can make is not to do your own tinctures at home. Richard Schulze says that if you saw the difference it makes in health, you would become a fanatic on herb quality too. He told me,

^u When you run a clinic, you know what the end result will be. I'm going to have everybody from the two-year-old kids who are blue and rattling so loud because they can't breathe, and parents can't sleep. If the lobelia doesn't work, the asthmatics don't breathe, the people with nervous disorders don't stop twitching, you know what I'm saying? If I don't have good lobelia, it isn't going to dilate those bronchials. I always have that focus on what's at the end of the road. Who cares how much we throw away? We throw 75% of it away and this is from the organic growers, the wild crafters."

If you think Richard Schulze or I are exaggerating on herb quality, go to the store and buy the top brands of echinacea tincture, even the ones marked organically-grown. Then, get some echinacea root and make yourself a tincture of it with even one hour's soaking. Use plenty of echinacea root. Or, use the whole plant, if you wish. Prepare as instructed at the beginning of this chapter. Then taste it and compare.

You should have a strong, tingling feeling in your tongue and whole mouth from your own echinacea tincture. The other tinctures will barely do this. You will see for yourself, the other tinctures will be so weak that you

will be disgusted. You could drink a whole bottle of these top brands and feel nothing — and have nothing happen for your health.

Another example: Richard took one pod, one single seed pod, of a fresh lobelia plant, and in twenty minutes, he was dripping sweat, peeing, pooping and puking at the same time. He gave one pod of this to students and it made their heads spin.

Yet, at other times, he took 3 bottles of commercial lobelia tincture and one student drank all three and didn't throw up. Nothing happened. These people are selling you junk that, at best, is okay, but it is never great — and it is never the quality you should be giving to your spouse or to your children if they were dying.

I asked Richard Schulze to rate the herb tinctures on the market today, and he said on a scale of zero to one hundred, most are between a 0 and a 20.

AN IMPORTANT NOTE ON DOSAGE: Many times, when you start taking a new herb or formula, you may need 2, 3 or 4 times the normal dosage on the first day to get the effect. It's like you are opening up your organ system and you need to blast through. After that, you can reduce the dosage. Richard and I are the kind of people who like to feel the earth move when we take something. I always use enough of an herb or formula until I can feel something happening — even if the dose is 10 times anyone else's.

How to make ginseng tea.

BISER: *How much ginseng do you use when you make tea? You don't want to waste it, it's so expensive.*

SCHULZE: You can use the whole root.

You'll want to toss it in a pot with about a quart of water. Let it sit for a couple of days. The roots will be softer. Then, break them up or chop them up or cut them up. Use pruning shears; you know the ones that you cut roses with. They work really well to cut the ginseng up. That's what I've used for years to cut up herbs, because it's the only thing that will go through them. They kind of fly around the room, but that's what I use. Nothing else will cut through it.

Then, let the roots soak in about a quart of water for a day or two.

Then, bring it up to a simmer for about an hour and you'll have a nice, really strong ginseng tea that you can drink over a couple of days.

The power of a great tincture: the horses were dying from fungus, but this fresh black walnut tincture cured them.

Let me give you this herbal horse story in Richard's own words, as he told it to me:

"One thing about horse stories, horses can't imagine themselves well. Or they can't do positive affirmations, you know what I mean. When you get a horse well, you know you've got something that worked.

"Now, the Los Angeles equestrian center is the biggest equestrian center in L.A. and they have thousands of horses there. About 12 years ago, they had an epidemic of ringworm, which is a fungus, run rampant throughout the barn.

"Now, the ringworm was so bad that you could grab a hold of the horses and pull out clumps of their hair in your hand, and it would be pussy and wet, and you could just pull the hair off. They even had horses die from the secondary infections. The veterinarians were treating these horses with

betadine solution, inorganic iodine, and it was burning their skin; they even had a couple of horses die.

"One of the owners of these horses said to me, "Look, will you treat my horse, the veterinarians are killing them?" I said, "Fine." I went there and treated the horse and within a couple of days it was better.

"The owner of the equestrian center saw that, and called me up on the phone. He goes, "We have 150 horses here with severe fungus, it's an epidemic running through the barn, could you help them?"

"I said, "Yes." And he said, "Could you come over here and help them?" And I said, "Now?" He wanted me the next day. Now, I've got 150 horses that need black walnut and I hardly have any in the clinic. Luckily, this was September, it almost worked out perfectly, and I knew where all the black walnut trees are in Los Angeles. We went and gathered all night long. We made up gallons of tincture that had probably 8 hours only in them. Dr. Christopher always said, if it's a one-minute tincture, it's a one-minute tincture. So we had an 8-hour black walnut tincture.

"We went over to the barn and washed 150 horses twice a day for a week with black walnut tincture, and then we also fed them black walnut with red clover, and other good blood cleansers and they loved it.

"The owner then fired 12 veterinarians who were working full-time there, and took them off the cases of these horses. This had been going on two months. In 8 days after I came, there wasn't a horse in that barn with fungus.

"Nowadays, when you get black walnut, usually leaf powder, that's the weakest part of the plant. It may not even work very well. If you're lucky, you get black walnut bark, which is a little better, but what the Doc used himself was the inner hull of the black walnut.

"When you look at a black walnut growing on a tree, it's a green ball about the size of a cue ball in pool and it's green. At the end of the year, it starts getting brown spots on it, and then, once it goes almost totally brown, it will drop off.

"You want it when the brown spots have developed and when you grab it, and it's soft and kind of rotten, and you just crack it open in your hands, and inside that green skin is dark black / brown goo.

"It's wettish, fibrous, material and if you smell it, it smells like iodine. Pure organic iodine. Inside that goo is what we know as a walnut. The shell and inside the nut. When a walnut grows, it doesn't grow like that. Outside is this goo and outside that is this green skin.

"Dr. Christopher used that goo and you just take that, you don't use the walnut, and you just take that skin off and you put it in jars and you tincture that, or make a tea, and that's the strongest part of the black walnut tree."

Black walnut tincture for fungus on scalp.

SCHULZE: Dr. Christopher had a patient who, all his life, had a crust that would develop on the top of his head. Dr. Christopher said that in some areas it even became an inch thick.

And it was like a ringworm in some ways, but like a fungus in other ways. He talked about it even being cradle cap, you know. Every doctor in the Army had treated him and they weren't successful (it kept coming back), so they would give Dr. Christopher the incurable cases when he was in the military, because he was a conscientious objector in World War II.

So he used the black walnut and he bandaged this guy's head and just kept soaking the black walnut into it. And I forget the period of time, but he said that about in two weeks, he decided to lift it off, and not only did this cold bandage come off, but a whole helmet of crust came off. He said the

guy had all pink skin underneath and never had the problem again. That was one of his black walnut stories.

Dr. Christopher wasn't using the weak black walnut tinctures sold today. He even went and dug the black walnuts from under the snow, because he knew where the black walnut tree was. It was in the dead of winter, so under the snow he dug and found those frozen old rotty black walnuts and he used those.

You know, that's the whole key. You've got to know your area, you've got to know what's there and when to get it and so many people just have so much in their area. If they only knew what was out there. Your readers have *got* to stop relying on health food stores.

**When you make ointments, don't use pig lard
as Dr. Christopher suggested.**

Dr. Christopher used pig lard as a base for his black ointment. That was because lard was excellent for absorbing poisons from the body. In Dr. Christopher's day, the pig was a barnyard animal But today, it is a feedlot animal full of hormones and antibiotics. It's not exactly what you want for absorbing poisons, when it's full of poisons itself.

Richard Schulze uses sun-dried Bentonite clay to absorb toxins. Richard also has a new concept in ointments. Why use inert ingredients that take up space from herbs? Therefore, he uses only herbs and oils — no filler. For example, in his deep tissue repair oil, there is no petroleum — only wintergreen oil, and herbs that have been extracted in olive oil instead of alcohol. *(See more about this formula in my chapter on arthritis.)*

In Richard's version of Dr. Christopher's famous anti-cancer black ointment, the ingredients are bentonite clay, slippery elm (to hold it together) — an excellent base for any poultice, garlic, goldenseal,

activated willow charcoal — another great substance to absorb poison, and other herbs. (*Covered in more detail in Chapter 10 on Breast Cancer,*)

Whenever you need a mixture to put on your skin, you can always throw herbs in a blender, throw in some slippery elm, some garlic, some vinegar, some cayenne for circulation, and some poke root which absorbs cancerous poisons. Use whatever is available, and between your food processor and your blender, and some fresh herbs, you can cure a lot of serious disorders. More specifics in other chapters.

Chapter Thirty-five

Answers to Reader's Questions

Answers to Reader's Questions

READER'S QUESTION: **HOW** can the program be implemented for persons who are on oxygen 24 hours a day?

SCHULZE : They can do all the programs.

BISER: *Does that mean they can't drink teas?*

SCHULZE: No, they would just have an oxygen tube going up their nose, probably meaning they can't do extreme physical therapy. They can still do the hot and cold and everything else.

BISER: *How? Maybe they can't get out of bed if they are hooked up.*

SCHULZE: They should be able to, because the tanks are on wheels. People fly in airplanes with those tanks. So, they need to get the mobile tank and they can do the hot and cold. They can do everything. They can even go outside for a walk. You see people walking around at the airport carrying those little carts with an oxygen tank on it and the tubes that go out from it. I have had many patients do the full Incurables Program, all of it, while connected to oxygen.

BISER: *If they can't move, Richard, could they have a person wash the effected part with hot and cold?*

SCHULZE: Absolutely. Someone applies hot and cold to the area. You lie down and they put ice packs and steamy hot towels on you. Also, if they can't move, do bodywork. Someone needs to massage them; move that limb and move that blood. I would think that would be for all the people on oxygen; you really need to force them to get the idea that they need to move their bodies.

READER'S QUESTION: Is the program safe for someone who had a massive heart attack?

SCHULZE: Yes. The key with a massive heart attack is making sure they wouldn't have another. They stop eating all animal food and get on garlic and red clover right away. That thins the blood. They only had a heart attack because the heart got blocked off by fatty, thick blood. So, once the blood is thinned and they're juice fasting for a week, they are out of most of the danger.

I would say hold up on doing the heavy duty hot and cold and exercise while they juice fast for a week and take lots of garlic and red clover. The blood will be thin by then and they can safely do the hot and cold and exercise.

BISER: *So, use intuition?*

SCHULZE: That's right. If it doesn't feel right, don't do it. Don't do it because the manual says do it. Do it because you feel it is right.

READER'S QUESTION: How do you do hot and cold treatment if you have a device in your body that administers chemotherapy?

SCHULZE: What about steamy hot towels or ice packs? With chemo, what you want to do is cover that device with plastic so you make sure it doesn't get wet. Then apply ice bags. You can put ice in a towel and wet it. I mean make a real cold ice pack and apply that to the body, then apply steamy hot towels.

There's even something on the market called hydrocolators. these are sand bags which you put in boiling water. They retain heat incredibly well. You put that on the body, or just put hot towels on the body, then ice packs, then hot towels, then ice packs.

Get your feet in hot and cold towels and hot water/cold water.

READER'S QUESTION: Hot castor oil packs are tough to use, as well as poultices. How do you keep it attached to the body all night?

BISER: *Why are they tough to use?*

SCHULZE: I don't know. I don't know what they are talking about. I mean I don't know why the poultices are hard. If they make the poultices right and they use slippery elm or clay, you can't shake it off the body. It sticks to the body.

Bentonite clay or slippery elm should be 1/3-1/2 of the poultice formula. That's the base —1/3 minimum to 1/2 maximum. It is slippery. Then you put in the other 50% of the herbs you want — chopped fresh garlic, whatever. If you do that and don't mix a lot of water with it — often people make it too wet and slippery — it should be like gluey mud.

You put that on. It is also important to press it into the body. When you put it on, you work it in. If you just set it there, it might fall off. Work it into the skin. Work it onto the body. Eventually, the glue is stuck so hard to your body you won't be able to get it off. But, don't be afraid to use gauze and tape if you need it.

BISER: *So why can't people just put plastic over the area and wrap it?*

SCHULZE: If it's a large breast area, put a large bra on over it. If it's on your leg, wrap plastic around it. Use a big plastic garbage bag

Cut it so it's a big sheet. Wrap it around you and use pieces of tape and gauze. The castor oil packs are definitely slippery. But, just cover it with gauze or an Ace bandage. Ace bandages work great. Just put castor oil flannel on and wrap an Ace bandage around it a couple of times.

READER'S QUESTION: Some people with diabetes claim to be getting poor results from the program, even though they are doing everything correctly and even doubling the dosage for the formula specific to diabetes. Any advice, or something that could be overlooked?

SCHULZE: I know exactly who is writing. There are two people who have written me and have also written Save your Life Videos. One man who has been a diabetic for 20 years wrote in and said he is very disappointed with the Incurables program because, after the 30 days, he only had a 20% reduction in his insulin.

Hallelujah! 20% — that means he is taking 20% less or 1/5 less insulin than he took before and he's been a diabetic for 20 years. What did he expect, to turn into Superman after 30 days on the Incurables program?

Come on. This is the Incurables program. Thirty days and he's got a 20% reduction in insulin and he's been a diabetic most of his life.

He thought that was disappointing. That's his problem right there. It's his attitude. I think it's thrilling; if he did the Incurables program every other month and continued on a 20% reduction, in a year's time or less than a year's time, he would be off insulin. He's disappointed with that? What did he want? A three-day turn around?

Another guy called up and had a 15% reduction in insulin intake and he was thrilled. That just goes to show you the difference of where people's heads are at with their reduction. I think that's terrific.

I think people have the wrong impression. They think that after 30 days of the Incurables program, after 40 years of disease and hurting their body, they are going to turn into a perfect individual. It's a step, okay? It's a step in the right direction. Some people will be totally healed, but I guarantee everybody will have a dramatic improvement.

I think a 20% reduction in insulin intake for a 20-year diabetic is a dramatic improvement. You don't get that with taking cedar berries on their own. I've never seen it. I think that's a dramatic improvement, so what people want is medical treatment. Cut this out and it's over. The Incurables program works. All right, next question.

(Editor's Note: In our revised section on diabetes, Dr. Schulze discusses a hormone formula he uses that also lowers blood sugar. A friend of mine used it to lower his blood sugar from 360 to 130.)

READER'S QUESTION: D O any of the formulas contain any gluten? We know some people's colons are intolerant to gluten.

SCHULZE: No.

READER'S QUESTION : How long do I have to stay in the cold sheet?

SCHULZE: Try to stay in the cold sheet at least an hour, if not all night long; as much as you can handle, depending on how sick a person is. The minimum time to do the whole cold sheet treatment is 2 1/2 to 3 hours.

READER'S QUESTION: What kind of echinacea is good to use?

SCHULZE: They all work fine. Angustifolia is the American standard. Purpurea is the European standard. Either one works great. In the clinic, I used Echinacea Angustifolia root with Echinacea Purpurea seeds.

READER'S QUESTION: A person wants to soak his feet in cayenne for circulation, but has ulcers on his feet. Can he still do this?

SCHULZE: Yes. And it will be great for the ulcers.

BISER: *won't burn or make the ulcers worse?*

SCHULZE: No. Not cayenne. Garlic would. Cayenne won't. It'll just bring blood there. If they have any fear, just put a little olive oil on the ulcer. Buffer them a little bit. You can soak your feet. Now, when they're saying cayenne, I'm assuming they mean hot water with a little cayenne in it. Not putting their feet in a bag of cayenne.

We're talking about a handful of cayenne to two gallons of hot water. Their feet will get very hot but it will not burn the flesh. But, most important, with any leg or foot ulcer, keep cleansing the bowel. Use Intestinal Formula #1 *and* #2 until the ulcers are gone.

READER'S QUESTION: **Can you make wintergreen oil at home?**

SCHULZE: Not likely. Wintergreen oil is an essential oil. The oil from wintergreen or birch is distilled out of the leaves and bark and is a very concentrated, essential oil.

For the most part, people can't make an essential oil at home. It is something that is steam distilled. They take thousands and thousands of pounds of eucalyptus leaves, put them in a big contained still and steam off drops of oil. That's why essential oil is very, very concentrated and sometimes expensive.

You can make essential oil of garlic at home; we talked about that For the most part, you can't make an essential oil at home.

READER'S QUESTION: **What is the lower end of dosage for the number one colon formula?**

SCHULZE: Some people take one capsule and it's too much, especially people who have 2-3 bowel movements a day already. They can take half a

capsule, a quarter capsule. Just open up the capsule, pour the powder out into a dish and use a half or quarter capsule.

But the average person can start with one capsule.

READER'S QUESTION: Can you take the Intestinal Formula #1 indefinitely?

SCHULZE: The choice is simple. To poop or not to poop, that is the question.

The downside of Constipation is sickness, immune weakness, low energy, back problems, headaches, leg pain, menstrual irregularity, hormonal imbalance, emotional problems, bad digestion, poor assimilation, and numerous bowel disease, including diverticulitis (bowel herniations), spastic bowel disorders, polyps, colitis and even colon-rectal cancer. After spending years in the clinic, I saw almost every disease known helped by cleaning out the colon.

For those whose diet and life-style inhibit them from having regular bowel movements, or those who inherited sleepy and sluggish bowels, I highly suggest using this formula to **MAKE** you have regular bowel movements until the time comes when your bowel works perfectly on its own.

The downside. Besides the cost of the herbs, there are none that I am aware of Rumors suggest that constant use of cathartic herbs will become addicting. I have never seen this. Constant use of cathartic herbs and no life-style change: Well, if you want to continue to poop, you better continue taking the herbs.

On the other hand, I have seen thousands of people, including myself, that have used the Intestinal formula #1 for years, but when the life-style was corrected enough, the bowel started working naturally 2-3 times a day. I personally used the formula for over ten years straight before my bowel

starred working on a regular basis, then on and off for a few more years, and now I don't ever use it except for brief episodes of constipation caused by travel, and my bowel works perfectly. I have also witnessed this same thing with well over a thousand patients. So much for this rumor of addiction.

READER'S QUESTION: I have taken 8 capsules and my bowels still don't work. I am afraid to take any more.

SCHULZE: Who said there was a limit. The Intestinal Formula #1 record so far is 45 capsules. The record before this was 28. The new record was set by a 400+ pound man who never had a bowel movement without an enema. The night he hit 45 capsules, he started going and in the next 24 hours lost 52 pounds. I talked to his wife, and she told me "I always knew he was full of sh--."

The bottom line is keep increasing the dosage until it works. I am always ready for a new world record.

READER'S QUESTION: I have been using Intestinal Formula #1 for a week. I am up to 6 capsules. I am still not going. Should I start Intestinal Formula #2 ?

SCHULZE: NO! The Intestinal Formula #2 should NOT be used until your bowel is working regularly. Don't be in a hurry to get to the next step. Keep using the Intestinal Formula #1 for however long it takes to get your bowel working, then begin the Intestinal Formula #2.

READER'S QUESTION: I used the Intestinal Formula # 2 and I got constipated. What should I do?

SCHULZE: Take more Intestinal Formula #1 when you use Intestinal Formula #2. Intestinal Formula #2 is designed to go into your colon and pull out old hardened toxic fecal matter. It pulls out all the old material, poisons, chemicals, everything. But the Intestinal Formula #2 alone for many is

constipating. That is why the general directions are to increase your dosage of Intestinal Formula #1 by 1 capsule while you are taking the Intestinal Formula #2. But some people need to take even more #1 formula. So take as much as you need to keep your bowel active and working while you are taking the Intestinal Formula #2.

READER'S QUESTION: How many times should I do the Intestinal Detoxification Program?

SCHULZE: It depends on your problem. If you are healthy and are just doing it as a preventative health measure, the 2 to 4 times a year is what my patients did.

If you have an illness, then you can continue to take Intestinal Formula #1 indefinitely and use one can (8 ounces) of the Intestinal Formula #2 every month. I recently met a man who used one jar of the Intestinal Formula #2 every month for 6 months consecutively and got rid of his colon polyps, cancer and didn't have to have a colon resection. So it all depends on what you are trying to do.

READER'S QUESTION: I have Crohn's Disease. I have 8 to 10 diarrhea-like bowel movements a day. Should I still start with Intestinal Formula #1?

SCHULZE: NO! Remember, Intestinal Formula #1 is to make your bowel work. Yours is already working overtime. About 98% of Americans are constipated and need Intestinal Formula #1, but about 2% are the opposite. They have too many bowel movements.

People with spastic colons, colitis, Crohn's disease, irritable bowel — these people usually have too many hot, liquid, diarrhea-like movements a

day. This type of person should NOT take Intestinal Formula #1, but should start directly with Intestinal Formula #2.

The Formula #2 will lessen the irritation, soothe the inflammation and coagulate the fecal matter into a bowel movement instead of diarrhea. It will be an absolute blessing for people in this category. They can take it indefinitely.

READER'S QUESTION: I took the Intestinal Formula #1 and my bowel worked great, but I had some stomach cramps.

SCHULZE: Hallelujah! You're alive. Any time a muscle hasn't worked in a long while, and then all of a sudden you use it, you are going to feel it. This is no different than if you go to the gym for a week's worth of working out after years of a sedate life-style and no exercise program. Believe me, you *are* going to feel it.

The analogy I always used with my patients was if you have an old car in the garage that you haven't started in years, and you go out to the garage and start it, it will not purr like a kitten right off the bat. It will shake and sputter, skip and backfire, smoke and stink. But give it a few minutes and eventually with a little time the engine will smooth out. Be patient. Rarely does anyone with 20 years of rough living and a sluggish bowel have perfect colon health and perfect bowel movements overnight. You might backfire a bit at first.

READER'S QUESTION: I'm afraid of Intestinal Detoxification. I am afraid I might not make it to the bathroom at work.

SCHULZE: I had thousands of patients in my practice, and they weren't all a bunch of unemployed bohemians. They all worked for a living. Most of

them were in the movie industry, and if they had to go make the director call CUT, they shut down 30 people and probably ruined a scene.

I can assure you that you will have time to make it to a bathroom. Many of my patients after years of 1 to 2 bowel movements a week were afraid of having 1 to 2 bowel movements a day. They thought it would be a horrible inconvenience.

Believe me, the trade-off in how good you will feel, how your problems will disappear, how your attitude will be lifted, and how much new energy and vitality you will have will be so life changing, you will not mind the extra 2 minutes it takes you to go to the bathroom.

READER'S QUESTION: People cannot find instructions on how to administer the lobelia, apple cider vinegar, and alcohol formula for Parkinson's.

SCHULZE: We'll cover two things here: how to make a lobelia tonic and how to administer it.

BISAR: *And you use this for Parkinson's?*

SCHULZE: Oh, yes, you can use it for everything. Lobelia is the greatest anti-spasmodic. To make the lobelia tincture, your base liquid, instead of just being 40% alcohol or 80 proof vodka is 2/3 80 proof vodka and 1/3 Spectrum brand organic raw apple cider vinegar. So it's 2/3 40% alcohol to 1/3 vinegar. That's your base for the lobelia tincture. And you use the same measurements that we always use for making tinctures, as far as how much to put in. Now, if you can get...

BISER: *You mean jam in as much as you can.*

SCHULZE: If you use the seeds and pods, it will be at least 3/4 of the full weight in the jar. You put your lobelia, whether it's stalks, leaves, root, pods,

whatever, in a blender with alcohol and vinegar, blend it up, and pour that into your canning jar. The solid matter should settle no lower than 3/4 of the way. That's your powerful tincture. So that's how you make the lobelia tincture.

How do you administer the lobelia tincture? 5-10 drops at your first administration. See how that feels. It should itch the back of your throat. That's the good sign of lobelia. And, if you can handle that, you can go upwards of a whole bottle. I've seen people take an entire one-ounce bottle of lobelia tincture without any detrimental side effects.

BISER: *Without puking their guts out? Why did they take the bottleful? What kind of emergency were they having?*

SCHULZE: For breathing problems. To dilate the bronchials. Of course, it did dilate the bronchials. They breathed much better. For an asthma attack. For people that are very sensitive, you can take two dropperfuls and puke your guts out. So, you have to find your own individual tolerance. I have to point out that vomiting with lobelia is good and will bring up dead and infected material from the lungs.

BISER: *What kind of effect have you seen in Parkinson's relief?*

SCHULZE: It stops all muscular spasms. If you're working with someone with Parkinson's disease, the key is getting the B vitamins. In the Parkinson's chapter, we mentioned getting the nutritional yeast in, so you have the B vitamin foods. We talked about stimulating immunity, also.

READER'S QUESTION: **IS the B, F& C me formula for double hernia, or do they use something else?**

SCHULZE: To be quite honest, I look at a hernia like a wound. A gunshot wound. With a hernia, you have a tear through the muscles

of your abdomen, your intestines are coming out. I suggest people go to the doctor and have it stitched up. I really do.

You've ripped the muscle wall of your abdomen. If you strangle your intestines, you can kill yourself in a few days. I mean, this to me is like a car accident. I know there are people out there who say they can heal hernias naturally and you can go to them. But this is one of the few times I recommend going to a doctor.

BISER: *Okay, once they get back from the doctor, what can they do?*

SCHULZE: Then, you put on any general purpose herbal salve. Make yourself a B, F & C salve by following the B, F and C formula given in the Manual. Or they could make the B, F & C fomentation if they want. My favorite is aloe vera and hot and cold.

READER'S QUESTION: **How to use the herbal heating oil formula for muscle, tendons, ligaments, cartilage, joint and bone healing?**

SCHULZE: Put it on and rub it in. It is an oil. You put it on the area. The key is to rub it in for 5-15 minutes. Give yourself a real good massage in that area. If you want to accentuate it, take a hot shower or bath. Then put a hot towel in the area. Open those pores and put it on. Then, it's very — I have to caution people — very intense. Take it out of the bottle and rub it in.

BISER: *Could you put some on a hot cloth and use it as a compress?*

SCHULZE: Absolutely. You can even put plastic over it. But most people are sorry they did, it is too hot.

BISER: *Did it burn ?*

SCHULZE: It's very intense, depending on the area you put it; especially don't get it near your eyes or your genitals, but, it will not burn the skin.

BISER: *What would it do if you accidentally did?*

SCHULZE: It won't hurt you. It will just make you wish you didn't do it. You'll have some agony for a few hours, but it won't burn the skin or cause any disruption.

BISER: *How many times a day can they use it if they are really sore?*

SCHULZE: All day long. Rub it in every hour — keep rubbing it in.

READER'S QUESTION: **For myasthenia gravis, people are confused if they are to use the skull cap, oats, blue cohosh, black cohosh, lobelia formula in liquid or ointment form.**

SCHULZE: A liquid. The answer is a liquid.

READER'S QUESTION: **Another question I have on nerve diseases. For myasthenia gravis or Parkinson's, are there any herbs that you specifically emphasize for one of those nerve diseases?**

SCHULZE: No, because science is lumping them all into a great category now. They are calling almost all of them autoimmune diseases.

In other words, the immune system is eating up the nervous system. The body is working improperly. They all need B vitamins. They all need nerve-stimulating herbs. They can also use the anti-spasmodic herbs like the black and blue cohosh formula and the immune boosting herbs like echinacea. See the chapter in the manual.

BISER: *He says, "I have looked for formulas in the manual but could not find one." Well, there are two formulas.*

SCHULZE: The skull cap, oats and celery seed formula is my nerve stimulator. This is the formula that should be used to stimulate the nervous

system. Use two parts skull cap, two parts oat seed, two parts celery seed, one part St. John's wort, one part lavender, one part coffee, or you could use kola nut, either one. That's to wake the nervous system up.

For a nerve sedative, make a formula with valerian root, lobelia, passion flower, black cohosh, catnip, camomile; you can use equal parts of those. But I would use two parts of the valerian, two of lobelia, two parts of passion flower and one part of each of the rest. That's a nervine sedative formula.

The third formula I call Nervine Anti-Spasmodic. It is for spasm. That could be for epilepsy, spasms caused by brain tumors, nervous twitches. This is based on Dr. Christopher's black and blue cohosh formula. I put in equal parts of black cohosh, blue cohosh, blue vervain, skull cap, and lobelia. But, I also add one part each of skunk cabbage root and wild yam which are great anti-spasmodics.

You can use all three of these for the same disease, depending on what you want to do.

For myasthenia gravis or Parkinson's disease, you might decide to use the nerve stimulator all day long and then the nervine sedative and the anti-spasmodic to go to sleep at night.

BISER: *Can the herbs be used individually? You said you have people take baths in different herbs.*

SCHULZE: Oh, yes. Sure, sure.

BISER: *If you were going to use herbs individually, what would you pick?*

SCHULZE: Well, for sedation the valerian is the greatest. For all around usage, lobelia, because it is anti-spasmodic. It is a sedative and it also stimulates the nervous system.

BISER: *So they can take a bath in lobelia tincture?*

SCHULZE: Yes.

BISER: *How much lobelia in the bath water?*

SCHULZE: Oh, a little lobelia goes a long way. You could start out with five to ten dropperfuls of lobelia in a bathtub.

One thing that's great about lobelia is, when I used to do body work, I would put lobelia tincture on a muscle that's been spasming and body work it right in. It will stop the spasm right in the muscle. So you can use it. If someone has sensitive skin, always put a little on and try it first.

You can take lobelia and mix it in any type of liniment as a tincture base. For spasms and muscles, you could put lobelia on first and then the herbal heating oil. Lobelia works internally and externally. So, some key herbs for the nervous system are; valerian to relax, lobelia as an anti-spasmodic, and skull cap to stimulate the nervous system. Those would be the three.

BISER: *Did you ever use wild oats in the bath?*

SCHULZE: Yes, oats is quite a famous bath. It's used mostly for hives; people think it's because it helps with the rashes. It does, but it's also a nervine herb. It stimulates.

BISER: *So you use baths of wild oat tincture?*

SCHULZE: Yes, you can use a wild oat tincture or just take oats and put them right in the bath.

BISER: *But that's not oatmeal that's been ground up?*

SCHULZE: They are whole oats.

Also, a great one is lavender. Lavender baths are famous around the world because the smell and the physical action of the lavender going into you is relaxing to the nervous system. Oats is more of a stimulating bath. Oats is a stimulating bath because it is a stimulating herb tonic.

BISER: *How much oats in the water?*

SCHULZE: A good amount is 2-4 cups of oats; flattened oat seeds or oatmeal, as long as the oatmeal is the whole or rolled oat seeds.

READER'S QUESTION: What is a simple instruction on how to make a plantain ointment?

SCHULZE: It's real easy. This is for blood poisoning, insect and bee stings, and similar toxic blood conditions. First of all, plantain grows in almost everybody's back yard or front yard. The best way to make a plantain tincture, which you can use internally and/or externally is just pick the fresh plantain leaves, fill your blender with them, pour in your alcohol, blend it up and make a tincture.

It's great. You can use it immediately, but if you let it sit for 14 days and use it with the moon's phase, it is better.

To make a plantain ointment, you have to use dried plantain leaves. You can't use fresh leaves to make any ointment. Use very dry plantain leaves and follow our general ointment instructions.

BISER: *What are they?*

SCHULZE: Basically, you take your dried plantain leaves, take a 1-quart canning jar and fill it with dried plantain leaves up to about 3/4 of the way. Pour in olive oil until it covers those leaves and fills right up to the top of the canning jar. Shake it every day. The oil content may go down a little bit. Top it off with fresh oil. Shake it and keep it in there for 14 days.

After 14 days, put that oil through a clean dishcloth and strain it out, you'll have a very dark green olive oil that has the plantain properties in it. You take 16 oz. of that olive oil and add four ounces of beeswax; that's how you make your ointment. Four ounces of bees wax to 16 ounces of olive oil.

BISER: *Melt the beeswax?*

SCHULZE: Melt the beeswax in a sauce pan on the side. Get it melted and bring your olive oil and plantain up to about 120 degrees and then slowly pour in your melted bees wax.

Stir it real well to make sure it's mixed thoroughly and pour it off into jars and let it cool. That's how you make your plantain ointment. You can use either tincture internally and externally, and the ointment externally.

READER'S QUESTION: We have a letter from a man who has a son with a cholesterol level of 996 and triglycerides of 4310; these numbers were checked in June 1994. He says his son has been on Dr. Schulze's program for seven months, yet the cholesterol has only come down 100 points. He also says his son is eating all the "good stuff."

SCHULZE: He's not following the video, because I said to drop this cholesterol, you needed the Incurables Program, a juice-fasting program. You fast on juices for 30 days. Sandwiches are not juices. It has to be 100% animal free. I guarantee he is not following the program.

Secondly, the biggest step in lowering cholesterol is the liver flush. You have to do the liver flush for two full alternating weeks in the Incurables program. We are very specific about that. For 14 days you have to do the liver flush. The program is to do the liver flush for 7 days, then the kidney/bladder flush for 7 days, then the liver flush again for 7 days; the bottom line is he hasn't done the Incurables program.

He can lower his cholesterol to 175 in one month, through the Incurables program, I guarantee he is not even doing the program one-half of the way.

READER'S QUESTION: I have cirrhosis of the Liver. Can I use African Bird Peppers?

SCHULZE: Yes, a person who has cirrhosis of the liver can use bird pepper, cayenne pepper. Absolutely. But also make sure they are doing the liver flush, taking the liver herbs, eating the bitter greens and doing everything for the liver. The Liver Tonic formula given earlier with milk thistle is the best protector for their liver.

READER'S QUESTION: Can the poultices in the bone cancer section be used for chronic osteomyelitis?

SCHULZE: Yes. You want to get inside the body and that's when you really want to deal with the immune-boosting herbs. Basically, you're talking about having inflammation of the bone marrow. We're talking about the organ we call the bone marrow that manufactures all blood cells.

When you talk about osteomyelitis, my first thoughts are to build that blood. Get the juicer out. 80% carrot juice, 10% beets and beet greens, 10% regular greens.

Build that blood with the Superfoods and the immune formulas. We are talking about inflammation of the bone marrow. You can use poultices, but you want to go inside with osteomyelitis.

READER'S QUESTION: Dr. Christopher's formula called for glycerin. Dr. Schulze's formula calls for vegetable glycerin. Is the type of glycerin important?

SCHULZE: Yes. Nowadays, all you want to use is vegetable glycerin. There are only three sources of glycerin. One is made from melted down goat esophaguses and horse hoofs. That is called animal glycerin. You don't want to use it. It is toxic.

There's mineral glycerin which is just like mineral oil and there is vegetable glycerin, which is the fat removed from vegetables in the soap manufacturing business.

You want to use the vegetable glycerin. It is the non-toxic one. But you can also use a great replacement anywhere you use glycerin. Maple syrup would be the primary one. You are looking for a sweetener and also a preservative. Second to maple syrup, I would use honey. I would suggest everyone use maple syrup or honey. They are much better for you than vegetable glycerin.

Nowadays, you can get vegetable glycerin in the health food stores, but the quality is less than that of organic honey or maple syrup, so I'd always go to those first.

BISER: *So you wouldn't even use the glycerin?*

SCHULZE: Only as a last resort.

READER'S QUESTION: **Somebody told me that cayenne pepper should not be used with hypertension.**

SCHULZE: Wrong. That's just erroneous. Cayenne pepper is the greatest thing for high blood pressure, but the #1 herb, of course, is garlic. Cayenne is great. It's in Dr. Christopher's blood pressure formula. It's in my blood pressure formula. You eat enough cayenne pepper, and you won't have to go to your doctor, because you won't have a blood pressure problem.

BISER: *Some people have written in, Richard, that just taking cayenne has raised their blood pressure. For those people, why don't they just get on a cleansing program? Maybe the blood is moving, but the colon and everything is clogged up?*

SCHULZE: Yes; the blood has the viscosity of mud and it's fatty. I've never seen cayenne raise blood pressure.

In order to determine your blood pressure, you have to take it at least three times a day. For example, at 10, 2, and 7 and in the same position; record that in a log over a period of 2-3 weeks and then tell me what cayenne is doing to your blood pressure — if they are just doing cayenne pepper.

BISER: *Yes, these people use cayenne like a medicine and do not go on a cleansing program.*

SCHULZE: Cayenne is not the cure for high blood pressure. There are a couple of reasons for high blood pressure. One is because your blood is too thick. The answer is thinning your blood.

You can use red clover to do that and garlic to do that, but still that's not going to help if you are filling your face with Big Macs.

You have to cut your animal and dairy products intake in half. That will immediately start thinning your blood.

You have to flush. Do the liver flushes and clean out the liver. Then, use your herbs on top of it. You will see dramatic change.

READER'S QUESTION: **A reader wants to grow some hawthorn, but is confused over which kind to use.**

SCHULZE: All of them are fine. Any of the hawthorns are fine. There are certain herbs that grow in only a particular country. Hawthorn grows all over the world, different species of it, and they are all good. The latin genus is *Crateagus*

READER'S QUESTION: I have had my gall bladder removed. What can I do in place of the Intestinal and Anti-Parasite Formulas? Are there any other formulas I should be wary of taking?

SCHULZE: A person with their gall bladder removed can do all of the cleansing and building programs as normal. Their gall bladder was removed usually because it was packed full (constipated) with fat, cholesterol and stones and the doctors, instead of showing the patient how to clean it out (liver-gallbladder flushes), cut it out.

This person should do all the bowel cleansing first, ICF#1 and #2 and then do the 5 day cleanse with the liver/gall bladder flushing, the liver gall bladder tonic, and the detox tea. They should just cut all the liver and gall bladder dosages in half to start and then work their way up to normal.

The gall bladder is like the rectum of the liver. Fats and other wastes that are processed by the liver are deposited in the gall bladder. Then, when it is full, the gall bladder contracts and empties the contents, via the bile duct, into the stomach/small intestine (duodenum).

When the gall bladder has been removed, it is a sure sign that it has been congested and possible liver disease is around the corner. It is still possible to flush the liver via the bile ducts, although it should be done with a lesser intensity (start with 1/2 dosages and work up to full) and over a longer period of time (two weeks instead of one week) and more frequently (4 to 6 times a year instead of 2 to 3 times a year).

READER'S QUESTION: I am pregnant. Will any of the formulas or herbs harm my unborn child?

SCHULZE: No herbal formulae will harm an unborn child, but like anything else, when you are pregnant, use moderation. Dr. Christopher

believed and practiced that a healthy, clean mother was better than a toxic one. He did all the cleansing programs with his expecting moms.

Suggestions:

Keep the bowels open. If they get stuck, don't do a dramatic bowel purge. It can bring on labor in the end of the last trimester.

Fasting and cleansing for a few days is good for mom and baby.

SuperFood is a must; double up a.m. and p.m.

Watch your weight gain. This causes more problems in the last trimester than anything else. Optimum weight gain is between 28 and 35 pounds total during the entire pregnancy.

Keep moving up until the last day. Moms that stay physically active, not marathons but working, have much easier deliveries and healthier babies. Get a midwife, have your baby at home, and avoid ob's and pediatricians like the plague.

READER'S QUESTION: In the SYL , you mentioned White Oak Bark for regrowing teeth, however, no formula was given.

What is it and how is it taken?

SCHULZE: I have rarely seen anyone regrow teeth. If they do, it is the final result of years of cleansing, building, and a great healthy lifestyle. I have never seen anyone just rub a little oak bark on their teeth and, then, the tooth fairy brings new ones.

White oak bark contains high amounts of tannins, a naturally occurring astringent phytochemical. It will tighten loose gums and save loose teeth. Bayberry bark and cranesbill root are also very good for this purpose.

To stimulate blood to the gums for new growth, cayenne is the best. For teeth and gum infections, Tea Tree oil and garlic are the dynamic duo.

READER'S QUESTION: Would the cleansing programs be dangerous for someone on anti-seizure medication?

SCHULZE: No, not generally. I have worked with many patients on Dilantin and other anti-seizure drugs because of brain tumors and unknown causes. Many who were good patients got entirely off their medications. Occasionally, a seizure will happen during an EXTREME cleansing program (incurables) but not with a little bowel, liver, or 5 day cleanse.

The best replacement herbal formula for anti-seizure drugs, the nerve anti-spasmodic given earlier in this appendix, is a miracle formula.

READER'S QUESTION: In the SYL, you mention a patient With Leukemia, but little to no instruction is given. could you outline a program for people with Leukemia?

SCHULZE: It would be the Incurables Program, with extra emphasis on blood cleansing, detox-regeneration, immune stimulating herbs. Do the blood building; use superfood, eat iron-rich fruits and vegetables. It is the same basic program.

READER'S QUESTION: When on the cleansing program, is it possible to become depleted of needed nutrients because it causes so much elimination?

SCHULZE: Rarely; and if you use a superfood mixture, never.

You can become dehydrated. With the looser stools created by bowel cleansing, more water is leaving your system. Remember a better name for a cleanse would be a FLUSH. Make sure you are drinking a GALLON (128 ounces) of juice, water, and/or herb tea a day.

READER'S QUESTION: Reader has advanced melanoma and used the poultice formula on a large purplish-red esion on her hip. Soon after she started using poultice, her skin and tumor turned even more purple and became sensitive. She continued to use the poultice until the tumor puffed up and the small node around it became more sensitive. She finally went to the hospital where they feel the tumor is not getting better. She feels that the poultice caused this.

SCHULZE: I believe this lady did not do the incurables program; she just tried to pull a tumor out with the black poultice. She could be feeding it with a faulty lifestyle and no cleansing while she is trying to remove it. This is like trying to bail out the water of a sinking ship while the water is still pouring in a hole on the other side.

READER'S QUESTION: Customer has had a colostomy due to rectal cancer. She is unsure about doing the SYL program because, with the colostomy, she is unable to keep the formulas in the bowels. How would she do the program?

SCHULZE: A person with a colostomy can do all of the SYL programs except the complete bowel cleanse. They can experiment with the #1 bowel formula, but probably will not be able to use it unless most of their bowel is still intact.

If their stools are already liquid, say an illeostomy or a colostomy in the cecum, ascending or transverse colon, they should just use the #2 bowel formula to deep clean the parts left, and assure them of no future disease. They should start with a quarter dose and work up slowly.

READER'S QUESTION: What about genital rashes from doing a cleansing program?

SCHULZE: When you start eliminating a lot out of the bowels and then you wipe, the fecal matter that gets on your skin can be loaded with hydrochloric acid and bile salts, which are very acidic and high alkaline substances.

Normally, you are used to your bowel material sitting in your bowel for days; now it's coming out within hours and those very alkaline and/or acidic substances can burn the skin, your rectum, the skin around your rectum, your butt. It can be very burning and it can even burn into the genitals if it gets up there.

One of the best things, of course, is to wash very thoroughly and use a mild soap. And you will notice that when you wash, it will bum. You are actually washing a burn. And the second best thing is put a 9% solution of tea tree oil, mixed in a base of jojoba oil on the area. And you can use that from little babies with diaper rash all the way to adults.

RISER: *What would be a good proportion. ..what to what?*

SCHULZE: Nine percent of tea tree oil and 91% jojoba oil. It's great, soothing and disinfecting, so it will destroy bacteria and fungus but it's also very soothing to irritated skin. And it's a great thing.

Of course there are also aloe. Whenever you think of burns or skin irritations, aloe are also very soothing.

READER'S QUESTION: What different dosages do you recommend of cayenne tincture vs. cayenne powder.

SCHULZE: Some people are more sensitive to cayenne than others, If there is no hurry, I suggest people start with a small amount of the

powder, 2 or 3 times a day and work themselves up to 1/2 to 1 teaspoon, 3 times a day. Or, up to 15 to 30 drops of good tincture.

If they are using the tincture from the American Botanical Pharmacy, use only 5 to 10 drops maximum. People who are sensitive to it can start with as little as 1/8 teaspoon of powder or just a few drops of tincture once or twice a day.

For heart attacks: take a heaping tablespoon of powder in a glass of warm water, or 5 to 10 dropperfuls of tincture.

READER'S QUESTION: Please explain the expansion or gelling of the hawthorn berries in the hawthorn berry syrup.

SCHULZE: Hawthorn berries have a large amount of pectin in them, similar to other fruits. When making the hawthorn berry syrup, the amount of water to hawthorn berries can vary greatly, depending on the time of year you get the berries. Are they dried or fresh? What is their pectin content? The formula is just a basic guideline.

Sometimes, when I have made the syrup, the berries are a bit watery. Other times I have a big pot of jello. The best answer I can give, would be to quote Dr. John Christopher, one of my teachers and the man who gave us the recipe;

"In making any herbal preparation there is no replacement for good judgement, common sense and careful observations."

Get as much hawthorn as you can into the formula, it will be a thick paste. If a person is in doubt, try a strong hawthorn berry tincture first. Personally, I believe the tincture is more medicinally powerful anyway

READER'S QUESTION: Can the detox tea be used the following day or should different batches be made for each day?

SCHULZE: This should be made fresh each day.

READER'S QUESTION: If fresh organic grapes can't be found what should be used?

SCHULZE: Use non-organic grapes, but wash and scrub them thoroughly. Organic, bottled grape juice can be used.

READER'S QUESTION: If a terminal patient feels too weak to do just juice fasting, what should be done?

SCHULZE: Use a vegetarian, non-dairy, diet. The reason for the juices is that your body will spend less time digesting the juice and more time healing. Juices are an essential part of the program., so still drink as much juice as possible.

READER'S QUESTION: Are there any problems consuming the alcohol in tinctures?

SCHULZE: Occasionally a few people have an emotional or spiritual aversion to consuming alcohol. On this I will make the following statements:

The base of the majority of my formulas are mostly distilled water — but it does have a pure grain alcohol content. Grain alcohol dissolves and extracts certain important phytochemicals, plant chemicals that are necessary for the different formulae to be effective. Therefore, it is better than just water alone.

For example, the diosgenin in *Dioscorea villosa* (Wild Yam) is only soluble in alcohol and not in water. The alcohol also helps the herbs assimilate quickly into your body — within one to two minutes — and

preserves the formula, which gives it an almost indefinite shelf life (5 to 75 years). Tinctures are very concentrated so very little is needed, we usually suggest 1 or 2 dropperfuls, (30 to 60 drops), 3 times daily to start.

The actual amount of alcohol per dosage is so small that there is more in some mouthwashes. This dosage has been tested on people who are alcohol sensitive with no adverse reactions. It is also a safe amount for anyone in a 12-step program or Alcoholics Anonymous.

If you want to avoid the alcohol in tinctures, just put the amount of tincture you want in the bottom of a teacup, then pour boiling water over it. Since alcohol has a lower boiling point than water, it will evaporate first, and go into the air, thus leaving the tincture.

READER'S QUESTION: Which organs should be cleaned first, second and third?

SCHULZE: There's no second — first is the colon. You clean the colon out. Never an exception to that rule.

Then if you were going to pick second, you pick either the liver or kidney. You use your own intuition on that, which way you think you want to go. But you clean the bowel first, always.

READER'S QUESTION: What can I do with raw juices when I can't stand the taste?

SCHULZE: My three thoughts are: first, dilute fifty-fifty. Juices are very concentrated and for most people I always suggest fifty percent juice, fifty percent distilled water.

The second thought, and this is a common question, use *more* of the juice that you think you're going to be able to handle, and *less* of the ones that you don't, and then work your way into it.

Sometimes I tell people to take four glasses of carrot juice a day. Well, at first that might have to be ninety percent apple and ten percent carrot, until you acquire a taste. Then eighty percent apple and twenty percent carrot. And that's the same way you do it with kids.

My third thought is, medical therapy is a lot worse than juices. Drink the juice and shut up.

Allergy to cayenne pepper?

READER'S QUESTION: Can anything be used in place of cayenne pepper? I am allergic to it.

SCHULZE: Second best would be ginger, and black pepper, if we're talking about circulation enhancement. But it's almost impossible to get any good black pepper that isn't horribly tainted, so ginger's really the best choice.

Also, some people have a metabolism that doesn't agree with cayenne. They run too hot and cayenne makes them hotter. This is not an allergy, but a constitutional reaction. I am one of those people and I use cayenne only when I have to.

Nausea from liver flush.

READER'S QUESTION: I've done a simplified liver flush several times, it makes me nauseous. What helps?

SCHULZE: If they're having a lot of problems with nausea, cut down on the olive oil, make it one tablespoon or even a half a tablespoon of the olive oil. Increase the ginger, and then they can drink their detox tea or their digestive tea afterwards sooner, like right after the liver flush. Drink the liver flush down and then the tea to push it through. And one or all of those three things will stop the nausea.

Chemotherapy and liver cleansing?

READER'S QUESTION: Can the liver cleansing be done while on chemotherapy?

SCHULZE: I'd rather be doing chemotherapy with the liver flushing than without it. If you're going to take toxic, killer, poisonous chemicals into your body, you might as well help your liver in getting them back out.

Many readers need help on making tinctures.

READER'S QUESTION: I've been running finished tinctures through my juicer and the end result is a puree of sorts. Is this a good idea?

SCHULZE: You know, Doctor Christopher did have this kind of belief that you should get most of the big sediment out, because he thought that during the opposite phase of the moon some of the properties might go back into the herb residue.

I think that, if we're dealing with a lot of residue, yes, — filter it out. But if we're dealing with more like a sediment, fine. People are highly filtering tinctures today, and it's very worrisome, because you can literally filter a tincture back to water.

Any good tincture, if it sets for a while, you get a layer at the bottom. That layer at the bottom should only be, maybe a half inch to an inch, not four inches. Four inches means you need to filter your tincture a little more.

By the way, if you get your herbs in fresh, and don't have time to puree them in a blender, just cover them in alcohol in a jar until you are ready.

READER'S QUESTION: Can you say anything about Addison's Disease, which is adrenal collapse?

SCHULZE: This person needs a lot of calmness, a lot of rest.

BISER: *But wouldn't these people already be resting, because they're so exhausted they can't work?*

SCHULZE: A lot of times they *think* they're relaxing when they're watching soap operas, or doing housework, or whatever. What we're talking about is what they did in the old days of Europe, where they would put these people in nature farms. All they would have is sun and air baths and water baths. That's how they would rest someone with Addison's disease in Germany. Air bathing, sun bathing, air therapy, and hydrotherapy. It wouldn't be TV, cooking, and talking on the telephone.

BISER: *So what, a lot of people would consider resting the adrenals isn't resting them?*

SCHULZE: The average American has no idea what the word rest means. They think relaxation is a golf game. They have no idea what shutting down the system meant to the old healers.

Shutting down the system means: No TV, no telephone, no newspaper, no magazines, no vacuum cleaner, no washing windows. A lot of people think if they just stay home from work, that's rest.

Rest means do nothing. Nothing. That's how you regenerate.

READER'S QUESTION: **Any other suggestions for scar tissue in the lungs?**

SCHULZE: The best compress for general use is castor oil, because it breaks up congestions and brings out impurities, and then of course, hot and cold if you want to stimulate blood flow and even lymph flow.

But that question could be the same for: "I've cut my arm; how do I get rid of the scar tissue?" Use all your general things. Having hurt lungs is no different from having a hurt elsewhere.

If they felt they were still having congestion in the lungs, I would go with the garlic and onion poultices, because that's going to disinfect.

If they needed to breathe more, you've got to go with the oils like eucalyptus and peppermint. To help heal scar tissue, you can use cayenne internally and in poultices, because it forces more blood to the lungs.

And remember the cold sheet treatment. That is a great one for working the lungs. And put extra mustard and cayenne in that water, and it'll cause tremendous expectoration.

And then the one thing you used to see with the old healers that you don't see any more is deep breathing. Everybody talks about it, but no one does it.

You know, Dr. Jensen used to take me out every morning for what he called his Chicago policeman's power walk. It's like a fast march. The best way I can describe it is extreme huffing and puffing. You force air in and you force air out.

You can put all the herbs you want on your chest, but if you're not really pumping air in and out. So, just like we do exercise for the heart, or exercise for our fat, we need to do exercise for our lungs. These people need to do breathing exercises three times a day for fifteen minutes each.

READER'S QUESTION: What do you recommend for irregular heartbeat?

SCHULZE: Of course, there are the beat regulators, like hawthorn, motherwort, and cayenne. But, again, in the clinic, what I found is that most people just needed to stop the beat irregularators, which are so common out there.

A lot of times the person is taking medications like beta-blockers that are causing it, and no one is asking questions. A person has to eliminate all the alkaloids like caffeine, nicotine, and ephedrine. You could find these in everything from chocolate to soft drinks, to cigarettes, to coffee, to tea, and to sinus preparations. All of these cause speeded-up and irregular heartbeat.

The vast majority of the time, you just have to take these people off of what's hurting them or causing this irregular heartbeat. And if they really do have a problem, then the herbs come to the rescue.

READER'S QUESTION: What do you recommend for genital herpes?

SCHULZE: Topically, the best thing I've ever used in the clinic is garlic oil. Now it's very intense, but we do know that garlic is one of our most potent antiviral agents.

In fact, of all the research I've read, I have never seen anybody say there was a more potent herb, and in the clinic, of all the herbs I've used, nothing compared to it. Garlic is the strongest antiviral. And what you do is just make a garlic oil and you take, you just chop up your garlic, put it in a bowl, pour olive oil over it, let it sit for 3 or 4 days, and then squeeze it out through cheesecloth. And you make yourself a nice garlic oil, and you dip a Q-tip in that garlic oil and actually scrub it into the herpes blister. Just kind of abraise the herpes blister and put that garlic oil in.

Now, breathe, for the next 5 minutes you are on a ride there. I mean, herpes blisters, being a virus of the nerves, hurt like hell anyway. But when you start scraping a little garlic oil in there with a Q-tip, now you are in for some pain. But, I've had people with chronic, debilitating, painful herpes come in with it on their penises and on their anuses, and women with it on their vagina and anuses. That's herpes simplex number 2. And of course,

with herpes simplex number 1, people have it all over their face. And within 2 or 3 days, those lesions will be gone.

BISER: *Wouldn't they be gone anyway?*

SCHULZE: Not necessarily. I've had patients, you know when you get a bad herpes outbreak, they don't ever go away. They are there. They go into, a less painful remission and come right back out again. I've had people that had 8, 10, 12 months of continual herpes right in the same place, not going away. And that, of course, is a sign of a depressed immunity, and also, that person needs a lot of work.

The herpes that we hear about most generally are ones that, you know, are there for a couple days and then they go away. But I've seen many where they don't go away. Where they are just there and there and there. Or they go, they come for 10 or 12 days, go away for one, and come back for 10 or 12 days. So it's almost a constant barrage of...

BISER: *And the garlic oil will stop that?*

SCHULZE: Yes

BISER: *How do they make the garlic oil?*

SCHULZE: The best way, is to just take a shallow pie plate, like a glass or pyrex type of pie plate, and take a dozen whole bulbs of garlic. You can do this in a couple of ways. The easiest way is just put them in the blender, you don't even have to peel them. Put the them in the blender, skin and all, everything. This is the easy, simple way. Then just put enough oil in for it to make an applesauce-like consistency. Pour that in a pie plate and then add more olive oil, to where that olive oil clearly covers all of the garlic, applesauce...

BISER: *And then let that set?*

SCHULZE: Yes, just let it set for 2 or 3 days. I mean it can go with the moons for 14.

BISER: *Or for months but you won't have that much time.*

SCHULZE: But, it will work right away too. For an easy strainer, you just finely chop garlic and fill a bowl with it, then pour on olive oil until it just covers that garlic. Let it set in a warm place, not the sunlight, but just somewhere warm in the house. You can even turn on the oven, about 120 degrees, preheat it, and then turn it off and set it in the oven and leave the door open. Just to get it nice and warm. And then use muslin, strain it by hand, and squeeze it real tight through muslin, and you'll get like a golden, greenish, very garlic-smelling oil. And then you can just take that garlic oil and put it on. This is a great garlic oil. You can even use it in your ears for ear infections...

BISER: *Will this all be as good as what they can buy in the health food stores?*

SCHULZE: There is nothing that you can buy in a health food that would come to, one-fiftieth the strength of what you can make. It's very, very strong. I used to just take it in the clinic and use Q-tips. Because my patients, if I told them to do this after their first application, might not. I just used to take my patients, take a look at their herpes lesions, and take that Q-tip, have them lie on my table, do a little breathing, or maybe a little body work, and then scrub the lesions with this garlic oil. And like I said it's quite painful. I've had a lot of tears in my clinic doing this.

BISER: *But it cures it?*

SCHULZE: Absolutely. Two or three days go by, and I'm talking about...

BISER: *How often do they do this application?*

SCHULZE: Four times a day, 3 or 4 times a day. And then, another thing that can be used that's very, very good. People claim that tea tree oil is an

antibacterial and antifungal, it's also very effective as an antiviral. So a little tea tree oil over that area afterwards is a little more soothing and anti-inflammatory and that works very nice too. You can scrub that in, also.

READER'S QUESTION: Can these programs help genetic diseases like cystic fibrosis?

SCHULZE: Yes, they sure can. I regard all of these serious diseases as having a genetic trigger, so there is no reason to single out one disease and ask if these programs can help.

Your disease may be genetic, but you can *stop* the expression of those genes by the work you do on the Incurables programs. All the thousands of people I saved were suffering from diseases that their weak genes allowed them to get — and they got cured, in spite of the bad genes.

READER'S QUESTION: What about fatty tumors?

SCHULZE: Whenever there are fatty tumors, you have to look to the liver. Emphasize the liver and gallbladder flushes, and the liver formula. Also, do a lot of hot and cold applications over the area, plus all the programs you would do for everything else. Also use the pokeroor poultices we have discussed elsewhere. Fatty tumors will disappear, just like other tumors.

Chapter Thirty-seven

Conclusion

Conclusion

It's time to go now, but I want to leave you with something. I want to take you through the front door of "healing techniques" all the way to the back room of philosophy, where it all begins. Natural healing is a different philosophy — not a different set of medicines. Herbs are not natural replacements for drugs, although many people seem to use them that way.

Natural healing and medicine have a different comprehension of the human body. Natural healing, as taught in this SAVE-YOUR-LIFE Collection, believes that the body is intelligent and can kill its own tumors and regenerate its own damaged and lost tissues.

Medicine believes the body is stupid — or intelligent only to a point. Medicine does not believe the body can kill tumors. It believes that when it comes to tumors, the body is stupid and helpless. It believes that it must poison or irradiate cancerous bodies to kill the tumors the body won't deal with.

Medicine does not believe the body can regenerate lost tissue, like a damaged hip. So, it concentrates on creating artificial body parts, hips and hearts, and whatever else it can manufacture.

Natural healing, as taught here, believes that the body contains, within itself, all the genetic plans and specifications to repair and regenerate any tissues — including brain tissue. What medicine regards as incurable, natural healing can cure through an expanded awareness of body powers.

I know a woman who is being poisoned to death to cure her cancer. What are doctors doing to strengthen her body? Nothing. I see television shows of children suffering with leukemia and bone cancer, and I see the horrors the children and parents go through. This is called scientific and

advanced, while the natural healing I believe in is called primitive and useless. I laugh at my critics.

Again, what is being done to strengthen the bodies of these poor children? NOTHING. Absolutely nothing! I see pictures of them eating trench fries, milk shakes, burgers, and jello. How will these foods build the children's immune systems and help their bodies kill these cancers? They won't. If only Richard Schulze could introduce his methods into these backward hospitals.

Whenever I am ill, friends of mine say, "You had better go to the doctor?" Why — to get an inferior kind of healing? For a diagnosis, maybe, but that's it. I once went to an internist when I had a flu that was out of control. To me, it seemed more like a stress breakdown than a flu. I had not eaten for days, because I was too nauseous.

The doctor told me my blood sugar was surprisingly high for someone who had not eaten anything. In spite of that observation, she recommended lots of sugary Gatorade which made my blood sugar worse. It was only when I used natural methods to lower the blood sugar that I cured myself.

As this and other examples have shown me, medical technology is not a substitute for a healing philosophy. More big medical centers are not the answer to the pains of mankind. If the poor are suffering, the answer to their inability to pay for operations and other care is not free medicine for all.

Give natural healing to the masses. Teach them how powerful their bodies are. Teach the poor to heal themselves at home. Give them the power that now belongs to the men in white coats. That is the purpose of my SAVE-YOUR-LIFE Collection.

Drugs versus herbs: are herbs as powerful?

BISER: *People think that if you want to affect a serious disease, you have to use a drug because natural healing is not strong enough.*

SCHULZE: I know they think that, but they are wrong. Drugs were designed by taking one chemical out of an herb, isolating it, concentrating it, and giving it to a person in extremely large doses. Because of that, we have the Physician's Desk Reference with 3,000 pages filled with the diseases, the cancer, the heart disease, the liver disease, and the mutated children that are caused by doing that.

BISER: *That is the legacy of isolating ingredients!*

SCHULZE: That's right. It's an unsafe thing to do. Nature has put these things in a form that is usable for us.

We blast ourselves for 20 years with beer and pepperoni and cigarettes and chocolate and ice cream, and then we want to turn it all around in a week. Part of natural healing is, you have to be patient and you *will* get the results..

Those who use the isolated drugs will get the results, but they *will* get another disease. Guaranteed. They will fix the liver and wreck the bowel. Or, they will cause *new* diseases that will be called "side effects."

BISER: *Let's go into those words "side effects" for a moment, and see why they are mild words for medical catastrophe. Tell our readers what you were telling me about the causes of the polio epidemic.*

SCHULZE: Doctors are starting to think that the massive polio epidemic of the 1940's and 50's was caused by the high number of tonsillectomies done in the 1920s, 30s and 40's.

Now they've discovered that the only area of the body that can synthesize the antibody to poliomyelitis is the tonsils. If you don't have tonsils, you can't fight off polio.

BISER: *A lack of tonsils allows polio to grow?*

SCHULZE: Absolutely-This is the classic medical domino effect.

First, they took out the tonsils, a critical part of our immune system. Then they gave us the polio vaccine, which is now being recalled. The polio vaccine was developed in the late 40's from infected pig kidney pus. They cleaned it and sterilized it. In the 1970s, they looked back at the polio vaccine with new microscopes and found 149 live viruses in it. One of the viruses they found was examined by Harvard. They named it the SV-40 virus, and they said it's inside every cancer tumor they find. The cancer rate has gone up ten times since the polio inoculation.

Here we have cancer going back to the polio vaccine — and none of it would have ever started if they had left the tonsils in the throat. This is a classic medical nightmare that's created when we snip out a part of the body. This is just the tip of the iceberg of the medical nightmares that have been created. I find that most medical books nowadays back up natural healing. I know, because I go into their libraries and read them.

Most people stay ill because they use partial programs.

SCHULZE: I get people in my office, and I'll say to them, "I think you need to drink a couple of glasses of fresh carrot juice every day" and they say, "I did that." and I say, "Well, what about hot and cold showers?" and they go, "I've done that before." You go through the whole list of herbs, and they say, "I've done it before" But they have never done it all at once. They haven't put this entire program together.

In spite of the great results, it still amazes me how much people try to cut corners when they are on these programs.

BISER: *Even people who believe in it!*

SCHULZE: Absolutely. They are just not doing it **OFTEN** enough. They are not doing **ENOUGH** of it, and they are not doing a **WIDE** enough spectrum of the program.

Today's society has been brainwashed into believing that only the medical community can cure.

SCHULZE: We have been brainwashed by medicine. I don't want to get too political with this, but medicine in our country has been on a crusade over the last hundred years to wipe out every other form of medicine.

One of the things they did that was unique was they lobbied to make words legal only for *them* to use.

Today, in the United States, only a medical doctor can diagnose a disease, prescribe something, and cure you. Nobody else can say "diagnose", "prescribe" and "cure". That means that nobody can cure you but a medical doctor.

That is why you see TV advertisements for Monistat 7, the anti-fungal medication to destroy yeast in a woman's vagina. They say, "My doctor said this is the cure," and they use that word all the time on those commercials. "This is the cure. My doctor said it's the cure."

They know we can't say that. I can't say, "Chaparral is the cure for a tumor." I can't say that garlic is the cure for cholesterol or high blood pressure. They have made that law. So that makes me look stupid, impotent, and it makes the herbs look weak and wimpy.

I can't, as an herbalist, say that an herb will cure, even though a lot of the prescription drugs are made from those herbs. This was a tactic by the organized medical industry to wipe out the opposition, by making them look silly and impotent.

Herbalism's march into hell.

BISER: *So these people now control the high grounds?*

SCHULZE: Well, they have the words. Absolutely, they control the high grounds. They can walk out and say, "Yes, if you take this drug, you will cure yourself." But they hired the lawyers and got the government behind them. If I say that, I go to jail. It isn't because the herbs don't work and the drugs are better, it's just because they have more money, they lobbied more and got the law passed in their favor. That is why people get this idea that herbs don't cure you.

BISER: *And nobody in natural healing can say otherwise, because they go to jail.*

SCHULZE: Absolutely. What they have done reminds me of going into a casino in Las Vegas. These casino owners have done everything possible to get the money out of your pocket.

There are no clocks, there are no windows, and you don't know what time of day it is. And you end up walking through the lobby and spending \$5,000. They are professionals at it.

In the same way, The American Medical Association and the pharmaceutical industry are professionals not only at sales, but at their image. They are also experts at making laws to protect them and make every other form of healing illegal in our country.

BISER: *The natural healers buy into that by sticking to trivial conditions, by using junk formulas and by being politicians!*

SCHULZE: And by saying, "We won't use chaparral for awhile, because the AMA says that it may be dangerous, and the Food and Drug Administration is suggesting we don't."

They don't realize the Food and Drug Administration and the pharmaceutical industry and the doctors are laughing their asses off at the herbalists — knowing that *they* have won.

BISER: *Knowing they have made one of the best antioxidants of all times illegal!*

SCHULZE: Absolutely. Pharmaceutical drugs are killing hundreds of thousands of people every year in our country. In spite of that, they claim that two people were hurt with chaparral, so they have taken it off the market. And those claims aren't even substantiated. And the herbalists are saying, "Okay," because they are hoping that will get them recognized.

BISER: *What they don't understand is they are using the same appeasement tactics that people used in Nazi Germany. "Let's keep Hitler quiet. He's just a little angry today, so we'll calm him down."*

SCHULZE: These people think they are doing some good, and then they are going to get recognized. They have no understanding of whom they are playing with.

BISER: *They don't understand that, in the eyes of the law, they are no better than a dope dealer or a pimp.*

SCHULZE: The AMA and the pharmaceutical industry are bigger than IBM. Bigger than Eastman Kodak. It's the biggest money-making industry in the United States. Nine hundred billion dollars a year. These people are not going to roll over and play dead. They are just intimidating the herbalists, and the herbalists think they are doing some good by not using these plants. It's an absolute joke.

BISER: *Then there will be more plants placed on warning lists, and the herbalists will issue more warnings, everything will be gone that they used, and then, finally, they will be accepted.*

SCHULZE: Absolutely. They will get down to where they are using only peppermint and lemon balm.

BISER: *Right, for nasal drip. And that will be the legal boundary for herbalists.*

SCHULZE: That's right. They are trying to pass laws in various countries in Europe that say to herbalists, "If anybody comes to you who is sick, you have to refer them to a medical doctor first." Why would they do that? For money. Absolutely, for money.

BISER: *The people in natural healing think, "If we could just clean up our act and get rid of people like Richard Schulze, we could make it big. He is going to screw up our whole program of sucking up."*

SCHULZE: Their focus is getting recognized. My focus is helping people get well.

BISER: *So you are not interested in whether natural healing schools get accredited.*

SCHULZE: All I am interested in is the 4-year-old girl in my office with a malignant tumor on her brain stem that is killing her.

All I am interested in is the man who was in the office, on the day I left town, with perforated intestines that they wanted to take out. I never lose sight of that focus, the people getting better.

Ancient religious leaders were big on natural healing.

SCHULZE: John Wesley, the founder of the Methodist church had hundreds of natural cancer treatments using herbs and natural methods. But, do you think any Methodist knows about that today? They wouldn't even know about John Wesley, if you mention him. And he was a vegetarian and a nature-cure fanatic.

BISER: *The founder of the Methodist Church?*

SCHULZE: Yes, John Wesley. He wrote over a dozen books on water-cure, herbal-cures and natural healing for the body and getting rid of degenerative disease. But, you can run into any Methodist you want today and ask him that question, and they'd never know it.

We could run into any Mormon and tell them that Brigham Young was a vegetarian and a Thomsonian herbalist, and they wouldn't know what you're talking about. They're sitting there drinking a Coca-Cola and eating a Big Mac.

A lot of the religious leaders of the past knew that the way to keep their flock healthy was to do cleansing programs. John Wesley wrote volumes on how to clean the body using herb and natural healing. And I used to collect all these books: John Harvey Kellogg, Henry Lindlar, Benedict Lust.

THE TRUE POWER OF NATURAL HEALING: a man recovers from massive throat cancer after using Dr. Schulze's methods.

SCHULZE: Doctors did a needle biopsy of his throat, because he had a large mass that had developed in his throat. They diagnosed it as malignant cancer of the thyroid which had incorporated the vocal cords. And it was strangling him.

BISER: *Strangling him?*

SCHULZE: Yeah, he couldn't swallow. He couldn't breathe properly. It was going to kill him. It was 10 cm. in size, which is about 4 inches, or the size of a small grapefruit.

BISER: *How old was he?*

SCHULZE: I'm going to say about 48 years old. And when they stuck the needle in and pulled it out, they said there was a ton of debris, chunks of tissue that it had eaten up. They used that word "worst possible scenario."

There was all sorts of tissue that had been dissolving inside of the tumor — thyroid, vocal cords, and part of the throat.

BISER: *So it was eating up his whole throat?*

SCHULZE: Yes. He didn't want to have it cut, because, to cut it out, they cut you almost from ear to ear. And he said, "I'm going to go to this natural place and learn how to heal this. Can I have six weeks?"

And they said, "You don't have six weeks. You don't have six *days* "They said, "This is the worst malignancy we've ever seen in a throat. It's dissolving your vocal cords and your thyroid, and if you don't have it out immediately, you won't be alive in six weeks."

He was being strangled to death. They said that the operation, unfortunately, would probably leave him with no vocal cords, so he wouldn't be able to talk anyway. And they would just put one of those boxes he'd blow through in his throat. He came to the course, and when he showed up, we immediately put him on the whole incurables program. We had poultices on his throat. We did the whole thing. By the end of two weeks, it had shrunk to 5 cm., which was half its original size.

Then he went home and continued on the program. He said that he could feel it sometimes, and not feel it other times. It kept going down. At the end of six months, there was nothing in his throat. Then he was checked and he had zero cancer.

He just came over for the continuing education program that we run. He looks great and is happy as can be. In fact, he stood up the first minute of class and gave his testimony. His speech is fine. He sounds perfectly normal, and his thyroid is absolutely perfect.

These are the kinds of cures your readers can expect by following the procedures in this [SAVE-YOUR-LIFE Collection](#).

People say these cures are not possible with natural healing. But, that's because they've never seen it, and have never done it themselves.

Natural healing is more powerful than medicine. But, to see that power, you have to go all-out and not be afraid. That's what I did, and I cured thousands who were dying.

Your readers can now duplicate my success in their own homes.

We have given them the tools.

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- wheatgrass juice and pulp poultice 399
- wormwood kills intestinal worms 144

Appendix A

Herbal Sources

Herbal Sources

Dr. Schulze's Original Clinical Herbal Formulae are available *exclusively* from: AMERICAN BOTANICAL PHARMACY. Call 800-HerbDoc. Fax 310-399-6325, or write: P. O. Box 3027

For separate herbs: PACIFIC BOTANICALS, 4350 Fish Hatchery Rd., Grants Pass, Oregon 97527, (541) 479-7777 One of Dr. Schulze's favorite sources for herbs. They use only Organically Grown and Wild-Harvested herbs. They only sell wholesale and in one-pound quantities. You end up getting the best-quality herbs; an entire pound for what you would pay for a few ounces elsewhere.

Activated Willow charcoal. This can be obtained at your local healthfood store, or from Charles Wilson, (704) 622-3671, P. O. Box 693, Leicester, North Carolina 28748.

Castor oil and flannel for castor oil packs: The Heritage Store, 314 Laskin Road, Virginia Beach, VA 23451

For herb seeds: Horison Herbs, Post Office Box 69, Williams, Oregon 97544-0069. (541) 846-6704.

To obtain Brown Bottles for putting Tinctures in; Prescription Container Supply, phone (800) 777-7241

To obtain Essential Oils: Aroma Vera, 15901 Rodeo Rd., Los Angeles, CA 90016, phone (310) 280-0407

Celtic Salt; The Grain and Salt Society, 273 Fairway Drive, Asheville, North Carolina 28805. (800) 867-7258

Organic vegetables by mail: Walnut Acres, Penns Creek, PA
(800) 433-3998

For more information on Echinaceas immune abilities, get the excellent book... Echinacea, the Immune Herb, by Christopher Hobbs, Phone 408-457-9095, FAX 408-457-9097, Botanica Press, 10226 Empire Grade, Santa Cruz CA 95060.

Pepper Seeds: You can obtain seeds for the hottest chilli peppers in the world from: **Shepherd's Seeds**, 30 Irene Street, Torrington, CT 06790.

(860) 482-3638. The hottest peppers are called, "Red Savina Habaneros." They contain 350,000 to 500,000 Scoville heat units.

The following herb companies are wholesalers and can only sell to persons who have a business license:

Starwest (wholesale only)

phone: (800) 800-HERB

Frontier Herbs (wholesale only)

phone: (800) 669-3275

Appendix B
Videotape Guide

Guide to Video Tapes

Volume One

1. Introducing Dr. Richard Schulze
 - a. How Dr. Schulze healed his incurable heart condition
 - b. How Dr. Schulze healed his hand which had 4th degree burns
2. Dr. Schulze's Program for Incurable Diseases
 - a. There are no incurable diseases, no matter what your doctor tells you
 - b. Why Dr. Schulze is an outcast of the modern herbal movement
3. Little girl getting cured of a brain tumor
4. Why people are not getting well on herbs
 - a. Rotten herbal quality is keeping people sick
 - b. Today's herbal wimps don't know how to cure the incurables
5. Cleansing the Colon
6. Cleansing the Liver
7. Cleansing the Skin
8. Cleansing the Kidneys
9. The Food Program

Volume Two

10. The Exercise Program
 - a. Hot and cold showers
 - b. You need to massage sick parts of your body
11. The Emotional Program
12. For those whose time has come
13. The basic herbal formulas
 - a. The bowel formulas
 - b. The second colon formula
 - c. The liver formulas
14. Kidney formulas

Volume Three

15. Blood cleansing formulas
 - a. Poke root for cancer
 - b. Chaparral for cancer
 - c. Red clover for cancer
 - d. Lobelia for cancer
 - e. Echinacea for cancer, but don't use inferior echinacea which is common
 - f. Sum-Up on the Incurables Program
16. Breast cancer
 - a. Breast cancer introduction
 - b. Other advice for women who want to kill breast cancer
 - c. How a 75 year old woman was cured of the worst case of breast cancer that

Richard Schulze has ever seen

d. Hollywood woman cured of breast cancer
and other tumors

e. Other advice

6. Bras can promote cancer by restricting
lymphatic flow

17. Brain Cancer

a. The cancer in her brain was so bad, it looked
like cottage cheese when they opened
her up

b. Why it's so important to increase brain circulation
to cure cancer

c. The brain cancer was so bad, the man was
writhing on the floor with seizures,
but he was cured

d. The school teacher case

Volume Four

17. Brain Cancer (continued)

a. Follow-up on the 4 year old girl with brain cancer

b. Brain tumors: some alternative skull compresses

18. Bone Cancer

19. Quackery

20. Colon Cancer

a. Man is cured of colon cancer the size
of a grapefruit

21. Crohn's Disease

22. Leukemia

- 23. Prostate Cancer
- 24. Cold Sheet Treatment

Volume Five

- 25. Lung Cancer
- 26. Liver Cancer
- 27. Pancreatic Cancer
- 28. Aids
- 29. Lupus
- 30. Heart Disease
- 31. Children's Dosages
- 32. Nervous System Degeneration
- 33. Conclusion

Volume Six

- 34. What the herbalists prefer you never learn
- 35. Homeopathy is not herbalism
- 36. Chinese herbalism: not what it seems
- 37. Quality of herb products today is disgraceful
- 38. Making herbal preparations
- 39. Nutritional herbs: better than supplements
- 40. Liver and gall bladder flush
- 41. Potassium broth

42. Healing clogged sinuses

Volume Seven

43. Infusions and decoctions

44. Fomentations

45. Poultices, part I

46. Poultices, part II

47. Suppositories

48. Instructions on using the eyewash

49. Ointments, part I

50. Ointments, part II

Volume Eight

51. Tinctures, part I

52. Tinctures, part II

53. How to use a juicer

54. Conclusion on herbal preparations

Volume Nine

55. Bodywork: do not ignore it

56. Body massage

57. Foot reflexology

Volume Ten

- 58. Introduction to hydrotherapy
- 59. Hot and cold showers
- 60. High Enema: a complete clean-out
- 61. The cold sheet treatment
 - a. Rectal injection of garlic
 - b. Hot soak with heating herbs
 - c The cold sheet treatment: final instructions and scientific rational

Volume Eleven

- 62. What the Incurables Program is doing for customers
- 63. Top three reasons people don't get well
 - a. People hesitate to begin the program
 - 2. People do not finish the program
 - 3. People are afraid to do the program
- 64. How to get better results on the program
 - a. You must have a support group
 - b. Get rid of possessions that are dragging you down
 - c. Life-style changes cannot be avoided
 - d. Danger of relapses
 - e. Painkillers can save you
- 65. When a person's time has come

Volume Twelve

- 66. What to do after you have finished
the Incurables Program
- 67. Top questions from readers
- 68. Conclusion: don't sell natural healing short. These programs
cure more than you think they can